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BABY'S BATH.

WOMAN'S WORLD.

ILLUSTRATIONS BY W. RAINEY, GORDON BROWNE, CHARLES ROBINSON, PHIL. EBBUTT, E. MIRIAM GARDEN, JESS CAUDWELL, AND OTHER LEADING ARTISTS. : : :

EDITED BY A DIPLOMÉE OF A LONDON HOSPITAL.

PRINTED AND PUBLISHED BY
LEVER BROTHERS LIMITED,
PORT SUNLIGHT, CHESHIRE.

[LARGE EDITION.]

" They talk about a woman's sphere,
As though it had a limit;
There's not a place in earth or heaven,
There's not a task to mankind given,
There's not a blessing or a woe,
There's not a whisper—yea or no,
There's not a life, or death, or birth,
That has a feather-weight of worth,
Without a woman in it."

[ALL RIGHTS RESERVED.]
1900.

Preface.

IN placing this book before the public, we do so with the earnest hope that it will help every woman in her daily life. It has been written with that special object in view, and every subject has been treated in as much detail as space will permit. The information and counsel given are not simply theoretical they are the embodiment of the actual experience of ladies, who, by their position, are justly entitled to be regarded as practical housewives. How to select a house, how to transform it into a home, and how to ensure health and happiness therein is fully set forth in these pages. As a work of reference on the duties of the mother, the sick nurse, and the cook, we are sure, the book will fill an important niche in the home.

LEVER BROTHERS LIMITED,

SOAPMAKERS TO : : :
HER MAJESTY THE QUEEN.

PORT SUNLIGHT,
CHESHIRE.

PART I.

The Home.

1. HOME AND ITS INFLUENCE
2. CHOOSING A HOUSE
3. HOW TO KEEP HOME HEALTHY.
4. THE HOUSE BEAUTIFUL
5. ADVICE TO A YOUNG WIFE.
6. SOCIAL EVENINGS.
7. MUSIC IN THE HOME
8. GAMES FOR THE HOME CIRCLE
9. WINDOW GARDENING.
10. HOUSEHOLD CLEANING

Mothers who like

the dainty robes of Baby spotlessly white and pure and fragrant as a rose should wash them with

SWAN White Floating SOAP

which is made from the purest and sweetest of vegetable oils and fats. Swan White Floating Soap, specially made for dainty fabric, is also a delightful soap for the Bath and Toilet, and is peculiarly suitable for Baby's tender skin.

A PURER SOAP IS BEYOND THE ART OF SOAPMAKING.

I.

Home and its Influence.

"Oh, there's a power to make each hour,
As sweet as Heaven designed it;
Nor need we roam to bring it home
Though few there be that find it.
We seek too high for things close by,
And lose what Nature found us,
For life hath here no charm so dear
As HOME and friends around us.

SWAIN.

"WHEN the builder has finished your house, and hands you the key," says Henry Ward Beecher, "that is not your home; it is not yet complete. I remember what happened with my own home; how, after it had been furnished, came the wife, and then one child

and then another, and so by degrees ties were added, and the house grew into a home." Yes, the building of a home is of necessity a slow process, full of anxieties and responsibilities, yet replete with a happiness which has no peer.

What Home Means.

Home! What pictures of mingled joy and sorrow, of smiles and tears, of sunshine and shadow, of love and affection, will not that one sweet word bring before the retina of the mental eye, even though the well-springs of charity have been dried up by the parching winds of bitter worldly experience!

The influence of early home-life is life-long in its after effects. Home is the soil in which the character takes root. The most brilliant scholars, the bravest heroes, the noblest men and women who grace God's earth, are to a great extent what home made them.

"Even when men have grown up reckless and reprobate," says a well-known writer, "and have broken all restraints, human and divine, the last anchor which has been dragged, the last cable they have been able to snap, is the memory which moored them to a virtuous home."

Those who have wandered far away from their mother-country, and who live remote from their childhood's home, even though surrounded on every side by kindly faces, experience more or less vividly that feeling of intense longing which inspired the utterance of those beautiful words of Goldsmith, in his "Deserted Village":—

> *"Even as a hare whom hounds and horns pursue,*
> *Pants to the place from whence at first she flew,*
> *I still had hopes, my long vexations past,*
> *Here to return—and die at home at last."*

An Atmosphere of Love.

Home is not confined within four stone walls, is not merely a place, is not merely a locality; it is, over and above all, an atmosphere—an atmosphere of love, the love of father and mother, of brothers and sisters. In the home, the cold restraints of formality which the world exacts may be laid aside, and the unreserved intercommunication of fond and loving hearts may freely be indulged in. Depend upon it, the world has no pleasures to offer that can at all compare with the pure delights of a happy home-life. Fortune's rebuffs lose half their stings, ambition's disappointments become less keen, when solace can be found in the healing atmosphere of home.

Truly, then, it is no mean ambition to desire to be the head of an institution which exercises so powerful an influence on the character of an individual. At any rate, it may safely be averred that woman—true womanly woman—cannot choose a sphere more suited to the peculiar and special gifts with which she is endowed. The success or otherwise of home-life is largely dependent upon the forethought and wisdom she brings to bear in the management of it.

The Art of Housekeeping.

The management of a home is indeed an art that is full of difficulties to the inexperienced, but it is worth while studying, and assuredly it would be wise on the part of the young housewife who is just entering a home of her own to learn from the experience of others. It is with the object of assisting the inexperienced housewife, and of providing a useful book of reference to such as are more experienced, that this work has been prepared. The information given embodies the experience and knowledge

of many housewives, and is the outcome of a series of competitions held in connection with the SUNLIGHT YEAR BOOK and the SUNLIGHT ALMANAC—a series of competitions which proved probably more popular than those connected with any other publication in the world. In all likelihood, this book contains far less theorizing and will prove of much more practical utility than any other work of a similar nature.

All the successful prize papers have been consulted, and the best that is in them excerpted. We have little doubt, therefore, but that this book will be widely welcomed and appreciated, and we have confidence in offering it to all users of SUNLIGHT SOAP, LIFEBUOY ROYAL DISINFECTANT SOAP, STARLIGHT ROYAL TOILET SOAP, SWAN WHITE FLOATING SOAP, LUX, and Brooke's Soap MONKEY BRAND, as a valuable *vade-mecum* for the home and a housekeeper's useful guide.

II.

Choosing a House.

House Rent.

The choice of a house is so largely influenced by individual tastes and means, that to lay down hard and fast rules for the guidance of any or every possible reader of this work is quite out of the question. But there are four points which every intending householder ought most certainly to consider, and those are:—Rental, Sanitation, Situation, and Size.

The most important of these is, undoubtedly, Sanitation, for unless the house be a healthy one domestic felicity will flee with domestic health.

Unfortunately, and especially with the wage-earning community, the question of rental is the all-important one. After all, this is scarcely to be wondered at. It is as well, however, in determining how much is to be laid aside each week for rental to be as liberal as possible in this regard, and to spare as much as can safely be afforded in order to secure a healthy and a cheerful home. The benefits derived from living in a bright roomy house, free from the least suspicion of foul vapours and noxious smells, are simply incalculable: the mind becomes more buoyant and elastic under such circumstances, and the duties of everyday life are faced with a spirit which goes a long way towards carrying everything to a successful issue.

The amount of rent, of course, will vary according to circumstances, and depends also on whether one lives in the country or city; but it has been asserted more than once—and there appears no reason to contradict that assertion—that one-sixth of the income is a fair sum to allow for rent.

Sanitation. The question of rental then having been decided, the next thing which calls for consideration in the selection of a house—as has already been pointed out—is Sanitation. It is a customary belief with most people that if the roof is weather-tight, the walls dry, the drainage in good order, and the ventilation all that can be desired, a house possessing all these good qualities will prove a healthy one. Whilst correct, so far as it goes, this ideal is not complete. There is the soil on which the house is built to be considered. Much of the dwelling-house property that is "rushed-up" by the "jerry builder" in the neighbourhood of large towns is built on what is technically known as "made land"—ground that has been made by filling up waste places with the refuse of the dust-bin and such like rubbish; and scientific evidence has proved that such soil is especially unsuitable for the erection upon it of human habitations. Carbonic acid gas and other foul and poisonous gases are known to be generated in such soils, and to be drawn up into the houses built upon them.

Badly drained and damp houses are nothing but death traps! Lung complaints—such as Bronchitis, Consumption, and Pneumonia—and Fevers (either Scarlet or Typhoid) are, in many instances, traced to living in unhealthy tenements and to bad drainage; not to mention the many minor and less dangerous ailments, such as "that tired feeling" or lassitude,

loss of appetite, sore throats, headaches, &c. Every one can find out whether a house is damp or not. Dampness may proceed from various causes. Either the house is built of inferior materials—and in that case nothing can remedy it—or the roof needs repairing; or the gutter pipes may be out

Inspecting the Drains.

of order. With respect to the drains, however, very few housewives can be expected to know whether they are in perfect order or not, and the only way out of the difficulty is, if possible, to consult the local Sanitary Authorities who will see that the system of traps, which prevent the ingress into the house of foul and noxious smells from the main through the outlet pipes, is in perfect order.

Situation. Next comes the consideration of the situation of the house. By situation is meant not so much the mere locality where the house is built. Some people are foolish enough to pay a relatively high rental for an inferior dwelling, provided it is situated in the more fashionable part of the town. What is meant by the situation of the house is its immediate surroundings and aspect.

It is generally agreed that the best situated houses have a south-westerly aspect, in which case the front and back get their "sun-bath," when there is any sun at all. Nothing is so beneficial as Sunlight. All energy is derived from Sunlight. Sunlight purifies, and Sunlight kills poisonous germs and vapours. Nothing so contributes to the brightness of home life as a sunny house. Sunlight, in a word, is a tonic whose worth is more precious than any that can be manufactured by chemists.

Size. Finally, there is the size of the house to be considered. An airy and roomy house is most hygienic; there is far more breathing space and the rooms do not get stuffy as do the chambers of a small-roomed house. Headaches will be rare visitors in a house where space has not been measured in a niggardly fashion, and the sense of freedom and comfort will be greatly enhanced in such a house.

THE CHOICE OF A HOUSE

is the first difficulty which besets the young housekeeper: on a wise choice depends much of the comfort and happiness of home.

THE CHOICE OF A SOAP

for cleaning the house is the next consideration: on a wise choice of soap depends much of the comfort and happiness of home.

THE WISEST CHOICE

is made when the young housekeeper chooses

Lifebuoy

ROYAL DISINFECTANT

Soap

to help her to keep her home sweet, wholesome, and free from the terrible seeds of infection. LIFEBUOY SOAP is acknowledged by Experts, Press, and Public alike as a simple and effective means for killing the microbes of disease that thrive in dirt.

12 Golden Rules . . . . For Healthy Homes.

LAVATORIES and sinks should be daily disinfected by pouring into them a solution of LIFEBUOY ROYAL DISINFECTANT SOAP in water. What has been used for the housework will suit.

IMMERSE all dirty rags, floorcloths, &c., in a solution of LIFEBUOY ROYAL DISINFECTANT SOAP and water, washing them out in the same solution.

FEVER patients, and those who have contracted any infection, should be isolated in a room previously washed out with LIFEBUOY ROYAL DISINFECTANT SOAP.

EVERY utensil used in the sick room should be washed with LIFEBUOY ROYAL DISINFECTANT SOAP, and such utensils should be kept for the sick room only.

BACILLI, or microbes of disease, in the washable clothing should be destroyed by rubbing in LIFEBUOY ROYAL DISINFECTANT SOAP in hot water and steeping in the solution.

UNDER no circumstances allow the patient's clothing to go to the wash until disinfected with LIFEBUOY ROYAL DISINFECTANT SOAP. This soap will harm nothing but the germs.

OCCASIONALLY wash the house throughout—floors, windows and woodwork—with LIFEBUOY ROYAL DISINFECTANT SOAP, and the more used parts of the house oftener.

YARDS and outhouses must be kept scrupulously clean and disinfected by a free use of LIFEBUOY ROYAL DISINFECTANT SOAP and water.

SCRUB thoroughly every bedroom, cooking and other household utensils with LIFEBUOY ROYAL DISINFECTANT SOAP and hot water; rinse the cooking utensils after washing.

ON no account omit a regular cold or warm bath, according to constitution, lathering and rubbing the whole body freely with LIFEBUOY ROYAL DISINFECTANT SOAP.

A TABLET of LIFEBUOY ROYAL DISINFECTANT SOAP should be in the bathroom and each bedroom for washing both the face and hands; this soap gives a health-glow to the skin.

PERSEVERE in the systematic use of LIFEBUOY ROYAL DISINFECTANT SOAP, and your home will be as healthy as it is possible for you to make it.

A copy of **"The Secret of Health,"** *a booklet of 96 pages, bound in cloth, written by a Diplomée of a London Hospital, will be forwarded to any person sending 12 Lifebuoy Soap Wrappers to Competition Department, Lever Brothers Limited, Port Sunlight, Cheshire.*

III.

How to Keep Home Healthy.

"The three most dangerous enemies to health are—Excess of heat, damp, and cold."
DR. BADER.

Value of Fresh Air.

The house being selected, and possessing every quality conducive to health, the question arises how best to keep the house healthy.

The invaluable qualities of Sunlight and the benefits derived from it have been already indicated in the previous chapter. It remains to point out the health-giving properties of fresh air. So much has already been written on the value of pure air that it is scarcely necessary to insist upon its necessity in the home.

Thackeray says that "Man lives on the air more than on his meat and drink: no one can exist an hour without a copious supply of air. The atmosphere some breathe is contaminated and adulterated, and with its vital principles so diminished it cannot fully decarbonize the blood, nor fully excite the nervous system." The purification of the blood by the in-breathing of pure air and the out-breathing of poisonous carbonic acid is the work of the lungs:

and this work is performed by the union of the oxygen of the air with the carbon and other used-up harmful material, in what is familiarly known as "bad blood"—that is, blood which has been circulated through the body and has performed its work as an energy and heat sustainer.

Poisonous Air. Everyone has experienced the feeling of lassitude or fatigue caused by over-exertion, as well as that caused by breathing the polluted air of an overcrowded room.

This lassitude is the result, in the first instance, of the lungs being unable to inhale sufficient oxygen to carry off the extra impurities of the blood caused by over-exertion; and, in the latter instance, of the oxygen of the air in the crowded room being practically exhausted. In both cases the body is being slowly poisoned through lack of pure air.

When it is remembered that the percentage of oxygen in pure air is but 21%, that a grown-up person inhales a gallon of air per minute, consumes 30oz. of oxygen per day, and breathes out a cubic foot of carbonic acid gas per hour, the vital necessity of having a constant flow of pure air through every room in the house by night and day will readily be seen and appreciated by the housewife. This necessity becomes more apparent when it is remembered that fires, gas, stoves, candles, and lamps use up some of the air needed by the human frame

The ailments caused by breathing the moist and stuffy air of ill-ventilated apartments are more numerous than one would at first imagine. To name a few at random—Consumption, Anæmia, Fevers, Indigestion, Heartburn, and, especially in children, Swellings in the neck—these are a few

of the unwelcome guests in a house where the in-draught of pure air is neglected.

Necessity of Ventilation.

If the housewife would have a healthy house, by all means let the house itself *breathe;* let the bedroom windows be opened through the day and through the night if possible; and do not, under any pretext whatever,

Fatigue caused by bad air.

close up the chimney flues as so many housewives do for the sake of the clean grate.

It is through the shaft of the open chimney that the used-up air escapes. If the occupant of a bedroom can sleep with the window open at night without fear of catching cold so much the better. A very simple means of avoiding draughts from an open window is to raise the lower sash about three or four inches, closing the opening at the bottom by means of a piece of wood. There need then be no fear of

draughts, yet there will be always a constant supply of pure fresh air entering between the upper and lower window sashes.

If pure air and perfect drainage were safeguards against each and every form of disease, the health of the house would be for ever assured by observing the preceding precautions.

Unfortunately, there is another foe that must be fought against to preserve our homes from disease. This foe is all the more terrible because it is invisible. The enemy we have to vanquish is known as *Infection.*

Myriads of tiny microbes (*i.e.*, living seeds by which infectious diseases are propagated) thrive where dirt is to be found, but they do not confine themselves solely to unhealthy places. They are ubiquitous; as germs they float in the air we breathe, and they may even penetrate into homes which are kept scrupulously clean, where in course of time they increase and multiply to an alarming extent. This enemy of the home may be effectually banished or annihilated with little trouble if the Twelve Golden Rules, which we give on page 18, are adopted in every household.

Infectious Diseases.

Infectious diseases, as we have said, are spread by innumerable and invisible microbes which multiply with almost incredible rapidity and carry the germs of disease wherever they go, laying low the strongest and blighting the happiness of many of the fairest homes of our Island Realm. The fact that infectious diseases are transmitted by means of these infinitesimally minute living germs is comparatively a recent discovery. But though this discovery of the cause of infection was in itself wonderful,

no less so was the discovery of a means whereby these disease germs could effectually be destroyed. This is the question which vitally interests every housewife—"How shall we prevent infectious diseases from entering our homes?"

To this question there can only be one answer, and that is, "By destroying the seeds of infection." Now, there are three ways of doing this—1st, By boiling. 2nd, By burning. 3rd, By using LIFEBUOY ROYAL DISINFECTANT SOAP. The first two means cannot, it is plain, be universally employed. One cannot boil one's hands or body, on which germs may lurk unseen when one has been near a sick bed: nor can one burn one's clothing or the linen or bedding of the sick room, unless one is wealthy. The third way is one which may be safely and surely employed in every case of infection: what is more, its cheapness will enable the poorest to have recourse to its invaluable aid. That third means is LIFEBUOY ROYAL DISINFECTANT SOAP, a soap which is strongly saturated with a powerful disinfectant that will effectively *kill* all germs of disease, without harming the tenderest and most sensitive skin. The highest scientific authorities have testified to the disease-destroying qualities of LIFEBUOY ROYAL DISINFECTANT SOAP, and it is now recognised as one of the greatest boons that have ever been placed before the public for preserving the health of the home.

A BRIGHT CHEERFUL WOMAN'S FACE is a room's best ornament. But how can a woman be bright and cheerful if she wastes her strength by toiling and moiling over the wash tub with adulterated soap? All women should know that the ABC of ease and comfort in the weekly wash is

Sunlight Soap

A large wash with SUNLIGHT SOAP is done in half the time required with adulterated soap.

By using SUNLIGHT SOAP no boiling or scrubbing is required.

Clothes are made beautifully sweet and clean by using SUNLIGHT SOAP in the "Sunlight way." SUNLIGHT SOAP makes a heavy wash as easy as ***A B C.***

IV.

The House Beautiful.

"Wherever you can rest, there decorate; where rest is forbidden, so is beauty."

RUSKIN.

A bright cheerful woman's face is a room's best ornament.

Things in General.

Having secured the house, and learned the means by which its healthy condition can be maintained, a little thought should be given as to the best and most economical way in which it can be made a charming home. With regard to the furniture, strictly speaking, little need or can be said: the selection of furniture will depend largely on the social standing and means of the young housekeeper, and everyone knows

perfectly well what articles of furniture are indispensable to the comfort of the home.

One remark may, however, be made in passing, and that is—Don't overcrowd the rooms with needless articles and bric-à-brac. To fill a room with ornaments and articles of fancy ware, no matter how decorative such articles may appear to the eye, is inadvisable for more than one reason. They may adorn the room, but they are receptacles for dust, and constant cleaning takes time and trouble. Let each room have a free and airy aspect; this effect cannot be secured by overcrowding it with furniture. It should be remembered that furniture takes up air space, and the less air space there is in a room the more stuffy it becomes. Let the young housewife realise that the most charming ornament of a room is a woman's bright, cheerful and sympathetic face; how can a woman be cheerful in a stuffy apartment?

With regard to the adornment and decoration of the house, there is much to be said. Every housewife should know how to make her rooms look charming, but not every housewife can accomplish the task successfully. Non-success cannot arise from lack of taste, for what woman does not possess in a greater or less degree that inestimable quality, good taste? Non-success in the adornment of the home rather springs from a fancied lack of means. In reality, however, there is nothing to prevent any housewife from becoming the proud possessor of a pretty and delightful home, and some useful hints on how to make home attractive are given in the following pages. The writer is a lady who has had practical experience of the management of home in her sphere of life; and she is,

therefore, thoroughly versed in the subject upon which she has written. The detailed experience set forth by the writer will, doubtless, assist the young housekeeper more than any amount of theorizing by the professional scribe.

An Attractive Cottage.

Let us suppose the house to be one of the many two-room and kitchen houses which have been built of late years; further, let us imagine it inhabited by a newly-married couple, who have to keep up a good appearance on a small income. It would be better if the kitchen was without the customary kitchen range, and every effort should be exerted to secure such a house. The reason for this will be explained by what follows.

The Scullery-Kitchen.

The first place to claim attention is what is generally known as the scullery. This may readily be transformed so as to serve the purposes of a kitchen. There being no fireplace, a gas or oil stove could be utilized for cooking purposes, while the walls might be brightened with a varnished paper or a washable distemper. Such dishes as are in constant use may here be displayed on the shelves, and these, with a table, together with scrupulous cleanliness, will be all the decoration this part of the house requires.

The Kitchen-Sitting Room.

Having adapted the scullery so that it may serve as a kitchen, it is not a difficult matter to make what is generally known as the kitchen assume all the appearances of a sitting room. In carrying out this arrangement, a pleasing effect may be obtained by papering the room with two shades of terra-cotta, the woodwork being painted to match. The grate should be a parlour one, with tiled

checks, and hearth of pale terra-cotta. In most kitchens there is an unsightly piece of stone just underneath the mantel-shelf. A narrow shelf might be run along the bottom of this stone, which latter might be covered with Lincrusta, to be procured from any good paperhanger. When fixed with glue and enamelled a delicate cream colour the effect is decidedly pretty. This tinting would, of course, be applied to the stonework on each side of the grate as well as to the mantel-shelf and the shelf already mentioned. The shelves might have frills of pale terra-cotta silk, with side curtains hanging from beneath the frills of the lower shelf. This is by far the most economical drapery for fireplaces, as the dust does not cling to it, and when washed with SUNLIGHT SOAP, and carefully ironed, the drapery will preserve its fresh look for a lengthy period.* If these suggestions are followed, the fireplace will acquire a distinctly decorative effect.

A "Cosy Corner."

In the recess which is found in most kitchens, a "cosy corner" may be arranged from the wood of empty SUNLIGHT SOAP boxes, which the grocer will, no doubt, be pleased to let his customers have. Get an old hair mattress and upholster it in tapestry of similar shade to the fireplace drapery, shot with just a suspicion of green. Cover the hair mattress with this tapestry, taking the selvedge end and sewing it firmly along the back of the mattress, then bring the tapestry smoothly over to the front of the mattress, to which it must be sewn. Let the tapestry then hang loosely to within an inch of the floor; this arrangement with a

*Art muslin, which can be procured at a quarter the cost of silk, makes very effective drapery. It can be washed over and over again without losing its freshness if SUNLIGHT SOAP is used for washing it, as this soap brings up the colours again, even when they appear quite faded.

drapery, festoon-shaped, along the front of the mattress, and edged with bob fringe, is more artistic than frills. The upholstering of the back and sides is an undertaking which most housewives shrink from, but this explanation will make the work comparatively easy :—

Get three pieces of cardboard of equal size, say 20-inches long, their combined widths to be the width of the "cosy corner." Cover the pieces completely with soft calico, a little larger than the size of each piece of cardboard, allowing about three-quarters of an inch over and above to each side. Sew this on to the covered cardboard, distributing the fulness evenly, and leaving about six inches open at one end of each; stuff as tightly as possible with flocks; sew up the ends and cover with the tapestry. The sides can be treated in a similar

A "Cosy Corner."

manner, using only one cardboard for each. Fix a strip of wood round the height, to which nail on the tops of the cushions.

Drapery edged with ball fringe would be a pretty finish for the top of this upholstery tacking it up into a rosette at each division. A shelf might be also fixed along the back, about ten inches above the upholstery, in enamelled cream and edged with ball fringe, the ten inches of space between the upholstery and the shelf to be filled in with green pongee silk gathered top and bottom

The outside of the recess should have a long curtain of tapestry from ceiling to floor. Two green silk cushions and a palm standing on a low pedestal will complete a "cosy corner" at a trifling expense, which will equal, if not excel, in comfort and elegance anything that could be bought for nine guineas at the very least.

Renovation and Decoration.

An old dresser, which is a common article of furniture in most kitchens, can soon be made to look quite artistic by the following method :—Wash thoroughly with SUNLIGHT SOAP and warm water, and take the handles off the drawers. Give two coats of canary-coloured enamel; allow to stand for at least twenty-four hours, and then stain with walnut stain. Procure, if possible, an old mirror the length of the dresser, and wash, enamel, and stain the frame as before. Fix at the back edge of the dresser top, and the result will be a handsome piece of furniture at the cost of a few shillings. The method of having enamel under the stain is entirely new, and gives an effect almost equal to the finest walnut.

An ordinary iron standard lamp can easily be made to look pretty by giving it three coats of pale green enamel, and a nice shade can be made from yellow crinkled paper. At night, when its soft light is diffused around the room, when the fire is burning brightly, the table spread with linen washed with SUNLIGHT SOAP, and on the table is placed the dainty china and an appetising meal, and the young wife is wearing her sweetest smile and her prettiest gown, what more charming picture can greet the young husband on his return from business and its worries?

The Bedroom.

The bedroom might be papered in a soft yellow, the woodwork painted to match, the grate and hearth yellow-tiled. The floor should be entirely covered with oilcloth in a light oak shade, and a carpet square in two shades of gold; the windows should have gold art serge curtains, with frilled muslin ones next the glass. The bedstead may be an ordinary brass and iron one, with hair and spring mattresses. The comforts of a bed like this are greatly appreciated when illness comes. A pretty bed-spread can be made of Madras muslin in two shades of yellow, with a deep frill all round. If a top sheet be used, the spread will not require to be lined, but the frill will need white calico underneath.

How to Furnish Cheaply and Well.

Now we may visit the auction rooms or the second-hand shops, and try, if possible, to purchase an old chest of drawers and mirror. The mirror should be the same width as the drawers, and as high as the purse will allow. The drawers may be of ordinary wood, and as dirty and scratched as you

like, but they must be strong, and only have two long drawers and two short drawers. Wash them well, inside and out, with LIFEBUOY SOAP; take off the handles, and get a piece of small patterned Lincrusta to completely cover the front of the top long drawer. It may be nailed on with fine tacks, and must fit exactly at the top, bottom, and side. Give the whole two coats of enamel, and stain in the same way as the dresser was done. Subject the frame of the mirror to the same treatment; place the mirror on the top of the drawers and fix to the wall. Get four pretty brass handles for the drawers, and then place a preserved palm, or a lamp with a pretty yellow shade, on the top of drawers, and the effect will be most pleasing. The Lincrusta-covered drawer has no handles, and looks like a panel of carved wood; all the very fine things can be kept here, as it can only be opened by taking out one of the small drawers and pushing from behind.

An old table with a drawer in it could be enamelled, stained, and brass-handled, and placed in the window, on which might stand writing materials and pretty candlesticks with yellow shades.

A little washstand, that can close up when not in use, and a curtain wardrobe will complete this room.

Thus, the cottage home may be furnished in a most delightfully artistic style at a moderate expenditure.

A SCHEME OF DECORATION APPLIED TO AN EIGHT-ROOMED HOUSE.

In contriving a scheme of decoration for a villa, it is a pretty idea to choose some word as the keynote to the scheme, and there is probably no word more suitable for that purpose than "SUNLIGHT." Sunlight we must have in the home, as it is the source of life, energy, and beauty. Both the architect and builder should remember that important fact, and arrange the windows of the house in such a way that the golden streams of Sunlight can illuminate and brighten the interior. In the scheme of decoration, Sunlight may also play a prominent part.

"Grate" Idea for the Summer Months.

"Sunlight" Villa.

We will, for instance, suppose a villa to contain eight apartments—three reception rooms and five bedrooms. Each room might be distinguished by representing in it one of the letters of "Sunlight," in flowers—that is to say, the wall paper and other objects might be chosen so as to symbolize one particular flower in colour and design.

Floral papers are prettier and gayer than any others, and are easily obtained from any good paperhanger. They are also very inexpensive, and quite as attractive as antique patterns, the very latest of other designs being the most expensive papers. See that the floral patterns are in correct drawing and as true to nature as possible, and your wall paper if not exactly "a joy for ever," will at least make the house look bright and effective for a long period. Your eye will wander over the floral patterns when talking to friends, or, coming home tired and wearied with the day's work, you will constantly and lovingly note their graceful forms and varied colours.

The originality of this idea will well repay any little trouble or expense involved as well as commend itself to others; moreover, should you wish to let your house during the holiday season, it will command a better price in the market than one papered and furnished in the common-place style.

Drawing Room. (Letter L.)

Beginning with the drawing-room, which will represent the letter L, the paper may be designed with lilies (Madonnas) on pale blue ground; all paint on doors, skirting boards, windows, and cornice, creamy white, with no picking out in two shades. Around the room might be placed cream matting, with a blue art square carpet; the furniture may be white, upholstered in blue and white cretonnes, and the sofa cushions in salmon colour. Plain blue curtains of serge, sateen, or plush, with spotted cream muslin curtains to every window, will add the finishing touches to what may be fittingly designated the Lily Room.

Dining Room. (Letter I.)

This apartment may be known as the Iris Room, and can be suitably decorated with frieze of Iris, and bamboo frieze rail, filling paper in green and gold, or red and gold, according to aspect of room. Japanese paper, though costly, looks very comfortable in a dining-room. Stained green furniture, with brass knobs and handles, rush chairs, stained floor, and either a bright Mirzapore carpet, or large Scinde, Persian, or Japanese rugs, may constitute the furniture and fittings of this apartment; there should also be curtain hangings to match the colour of the Iris.

Morning Room. (Letter N.)

The morning room may have the Narcissus, the generic name of all the Daffodil family, as the main feature of its decoration. The general tint of the room should be pale spring green, with hangings in same shade.

The cretonne of sofa, window seats, &c., would look effective in green and white, whilst the cushions can be of yellow silk, frilled. The wall paper, of course, will represent Daffodils, with the dado in cream anaglypta, surmounted by rail, and forming a three-inch shelf, for photos and bric-à-brac. The floors may be covered with Iris matting, laced with green twine, and an appropriate rug should also be chosen.

Bedrooms. (Letters S, H, T. U. & G.)

The scheme of colour in the five bedrooms should be:—1st, pink (letter S), Sweet-briar paper; 2nd (letter H), Hawthorn paper; 3rd, Mauve (letter T), Thistles, Tulips, or Travellers' Joy paper;

4th, Gold (letter U), *Ulex*, Latin for Gorse; 5th, White (letter G) Guelder Rose. All the paint in these rooms should be creamy white, and when required it should be cleansed with MONKEY BRAND, because this soap does not destroy the lustre of the paint or cause it to flay off, as is often done when painted surfaces are washed with coarse soap.

The Hall Furniture.

The hall, an important feature in the house, as the index of the whole, should be made as bright and attractive as possible. Both hall and staircase should have a high dado of cream anaglypta, surmounted by a good sunflower paper of bold design; this will be always cheery by day or artificial light. Portières should be of gold-patterned plushette, on brown ground. An old oak

chest for rugs, a corner wardrobe for coats, tiled floor and Oriental mat, Japanese stair carpet with plenty of white in it, white stairs instead of stained ones, a table to hold card-dish, &c., a grandfather's clock or wall clock, post-box, hat brushes, hat pegs, and mirror—all these go to make up what will be an inviting entrance hall. An umbrella stand and an old-fashioned chair or two, should of course, not be forgotten in the arrangement of the hall. It is a mistake to think white paint soils sooner than coloured; it really does not, but should it look dingy is not MONKEY BRAND at hand to cleanse it, and does it not look a thousand times more attractive than the dark colours usually chosen? Also carpets, with a mixture of white in them, wear better, and show dirt and dust much less than dark or plain colours.

Entrance halls in villas are, as a rule, dark and narrow and poor, hence it will require careful thought and good management to make one feel that the hall is the entrance to an abode in which SUNLIGHT brightens the lives as well as lightens the labours of those who dwell therein. Let your house, therefore, be a house of SUNLIGHT, in fact as well as figuratively, for SUNLIGHT will effectually banish trouble and worry, and help us to understand life as we should live it.

Draping and Ornamentation.

To make the dwelling-place look nice, heavy suites of furniture, as well as everything dull and cumbrous in the furnishing line, should be avoided. Let the window curtains be of plain colours, and the portières of figured patterns. Choose good washing cretonnes or the chintzes which have a[illegible]me

fashionable and look very clean. Avoid many ornaments, drawing-room toys, photographs, and pictures. Never overcrowd a room, and with regard to ornamentation a few good pictures, curios, or novelties will appear to better advantage than if the apartment was overcrowded like a toy or crockery shop. Always try to have growing plants and a few cut flowers. A flower table is also a charming addition to the drawing-room, and far more effective than many scattered nosegays.

Japanese runners are very nice to put across carpets where there is much traffic. They are in much better taste than druggets, and besides being artistic in appearance they can be shaken or scrubbed as needed.

The Kitchen. In the kitchen or other offices, light colourings are as essential as in other parts of the house. A kitchen should have a colour wash, well sized, which can be renewed yearly. Back passages, pantries, &c., keep neat much longer if American cloth is run along as a dado. Its wear is almost everlasting, and the chipped corners and broken edges of walls are thereby avoided. Doorsteps if painted red save much labour and look infinitely nicer, than the would-be white ones which are always dirtied quickly.

With reference to wall papers, 1 6 per piece is enough to give for sitting rooms, if economy is an object, and 1 - per piece for bedrooms. Fillings of self-colour come less expensive, and then more can be spent on the friezes. As a rule paperhangers are very obliging, and, if requested, they will obtain any patterns and style desired, if not in stock. The floral designs of special flowers, it must be

remembered, can be obtained in many other colours besides the natural ones. In choosing blue papers, or indeed anything in which blue predominates, choose a blue with lemon yellow in it. It makes all the difference between pleasure and depression, gloom or sunlight. Pink in the same manner should be a yellow pink, not a blue pink.

Counterpanes and Curtains.

Counterpanes are not necessary; they are unhealthy as coverings at night, and they are easily soiled during the day. Bedspreads are far preferable, and they may be either of cretonne, lined with plain satteen and frilled deeply on either side, or printed Japanese muslin. Whatever the bed-covering may consist of, it should be carefully folded and removed at night, and replaced by an eider-down quilt. The bedspread should be deep enough to act as a valance, thus getting rid of much expense, besides making the room more sanitary. Brass curtain rods or bamboo poles should be affixed to every window, and the curtains sewn to rings and slipped on to them. No dust traps, such as hangings or draperies, should be permitted in a modern hygienic house. Do not cover the windows with curtains which exclude air or light, and never waste money on blinds with rollers, tassels, and springs, which are everlastingly getting out of order. A short curtain on brass rod can be drawn across in an instant, and this will be sufficient to secure privacy or darkness as required. Curtains which are intended to act should only be just below the window frame; they look lighter and prettier, they run easier, and besides they do not catch the dust and trail the floor.

These homely notes would not of course be complete, without suggesting how *individual* a home should be; you can furnish and decorate regardless of cost, but the home after all may have no more identity than the upholsterer's shop.

Technical classes give grand opportunities for self-instruction in many pretty arts. There is ample scope for some industrious member of the family to show ingenuity and power of invention, and articles which are the product of the skill and industry of leisure moments are superior in make, cost less, and last far longer than those purchased at a high-class shop for a large sum. Let it be borne in mind that our homes will always be artistic if we aim at cleanliness, simplicity, tastefulness, and convenience. Cleanliness is next to Godliness, and—

> *"In this dull world 'tis wise to lay,*
> *Bright colours on where'er we may;*
> *Gild if we can Life's smoking vapour,*
> *Or, failing there, illume our paper."*

RESUME OF SCHEME FOR WALL PAPER DECORATION.

S—Sweet Briar or Sweet Pea .....Bedroom No. 1.
U—Ulex.....Bedroom No. 4.
N—Narcissus.....Morning Room.
L—Lilies .....Drawing Room.
I —Iris.....Dining Room.
G—Guelder Rose .....Bedroom No. 5.
H—Hawthorn .....Bedroom No. 2.
T —Thistle, Tulip, or Travellers' Joy...Bedroom No. 3.

Advice to a Young Wife.

[redacted]

have served to cover any little blemishes during the honeymoon, and, if the young wife is wise, she will so continue that her husband's eyes may view her through the glamour of a love that will last not only for a few weeks, but for a lifetime. How is this to be accomplished? The wife who possesses a sunny disposition and a merry heart has undoubtedly the best chance of being a happy wife.

She does not mope all day over a fancied neglect and greet her husband coldly on his return, nor appear in a morning gown with untidy hair in the evening; she has no time for regrets nor morbid fancies. Her husband and her pretty home are her treasured possessions, and her love and affection for husband and home will last throughout life.

Don't Worry! Worries come in course of time to her as to everybody, and she has her "bad times," for who has not? But she has learnt to keep them to herself as much as possible, and not to depress her husband with them. The happy evening meal is as dainty as her skill and ability can make it; she herself is as fresh as a pink in a smart if inexpensive gown, and her hair is prettily done in some neat fashion. A man said the other day to the writer, "I don't know how it is, but I never enjoy a meal away, as I do one at home." Now it so happens that his young wife's housekeeping allowance does not exceed £1 per week, and yet he preferred a meal at home to a more expensive and elaborate one at a restaurant or hotel. That young wife deserves to be congratulated; there must be some charm about her that made the simple meal at home so delicious.

The Value of Tact.

Perhaps next to a sunny disposition (which ought to be carefully cultivated) *tact* is the most useful possession for a young wife. A wife who, never under any circumstances, allows herself to annoy her husband by foolish hasty speeches (often immediately regretted)—who never "nags," but, if possible, leads the conversation from disagreeable to agreeable subjects—will have her reward in the entire trust of her husband; for will he not value her opinion of himself all the more in that she does not allow him to see that she notices his small failings?

Let the young wife show tact also in bearing her own burdens, and not begin the subject of small domestic grievances when her husband comes in after a long and perhaps worrying day. The shortcomings of her servants, the amount of the baker's bill, the short weight sent by the grocer, the trouble she has had because the butcher sent the meat home late—all belong to her own department, and should never form the principal item of her conversation. She should accept them as a part of her household cares, remembering that her husband has business worries of his own, which, while talking over with him and sympathizing with him, must not give place to her own, if she wishes to be a tactful wife; remembering always that her husband is at hand should a great trouble befall, she should take all the little worries as far as possible on her own shoulders. A good husband will not fail to notice little acts of unselfishness and small sacrifices made for love of him, and the good wife will be rewarded by his perfect love and trust. Tact really is unselfishness, and if the young husband and wife learn to forget themselves in seeking the good of each other they cannot fail to be happy.

Pay as You Go.

It is a good thing when the young couple have decided on the division of the income before marriage. Money matters are best settled before they enter on their new life, and this often means peace of mind for both. Numberless are the discussions raised on this subject (often a sore one), therefore, by all means let the wife start with this arrangement. A fixed sum for her housekeeping and her dress (however small), will leave her without an excuse of not knowing how much she should spend, and the arrangement will be more satisfactory to both.

Everything should be paid for at the time it is bought; this is especially necessary when the income is small, for it is impossible to pay outstanding bills out of a small allowance. The same rule applies to dress.

Inexpensive Dress.

It is a great mistake for young wives to think they must out-dress their acquaintances to keep their husband's affection. A pretty washing print well-made, well put on, and spotlessly clean, is more attractive than the most rustling silk-lined brocade. However small a wife's dress allowance, if she gets up her washing gowns herself, with the help of SUNLIGHT SOAP, she will always look fresh and attractive. The very best summer gown need be nothing more expensive than a pretty muslin, daintily made.

Finally, the young wife should never neglect her own special accomplishment, her aim should rather be to go on improving in it; thus, she can never degenerate into a mere housekeeper, but will remain a charming companion for her husband, earning for herself the happy lot of a beloved and loving wife.

THE BEST ADVICE that can be given to a young wife is to tell her

THE BEST MEANS to keep her home bright and healthy, by the use of

THE BEST SOAP
for that purpose, and better for that purpose cannot be found than

Lifebuoy

ROYAL DISINFECTANT

Soap

LIFEBUOY SOAP is an invaluable Disinfectant for use in the prevention of sickness and the preservation of health, and is guaranteed perfectly pure and free from injurious chemicals

SAVES FROM DISEASE!
SAVES FROM DESPAIR!
SAVES FROM DEATH!

What

a charm lies in the glance of a sympathetic woman! How sweet her eyes of love and gentleness! There is nothing

Makes

a woman look more charming than the affectionate glances of her eyes. But there is one thing that *may* increase that charm—a clear complexion.

A Woman

may be helpful and sweet, yet if she has not a clear complexion it is a painful fact that her charm will be to some extent weakened. A

Smile

on the lips of a woman of faultless complexion is one of the most attractive things in Nature. The most effective means of attaining and retaining an unblemished complexion is by the tonic action of a pure Soap made from pure vegetable oils and edible fats. The one Soap that fulfils these conditions and that will suit the most sensitive of skins is STARLIGHT Royal Toilet SOAP, acknowledged by Press and public alike to be a delightfully fragrant and soothing emollient for the skin.

VI

Social Evenings in the Home.

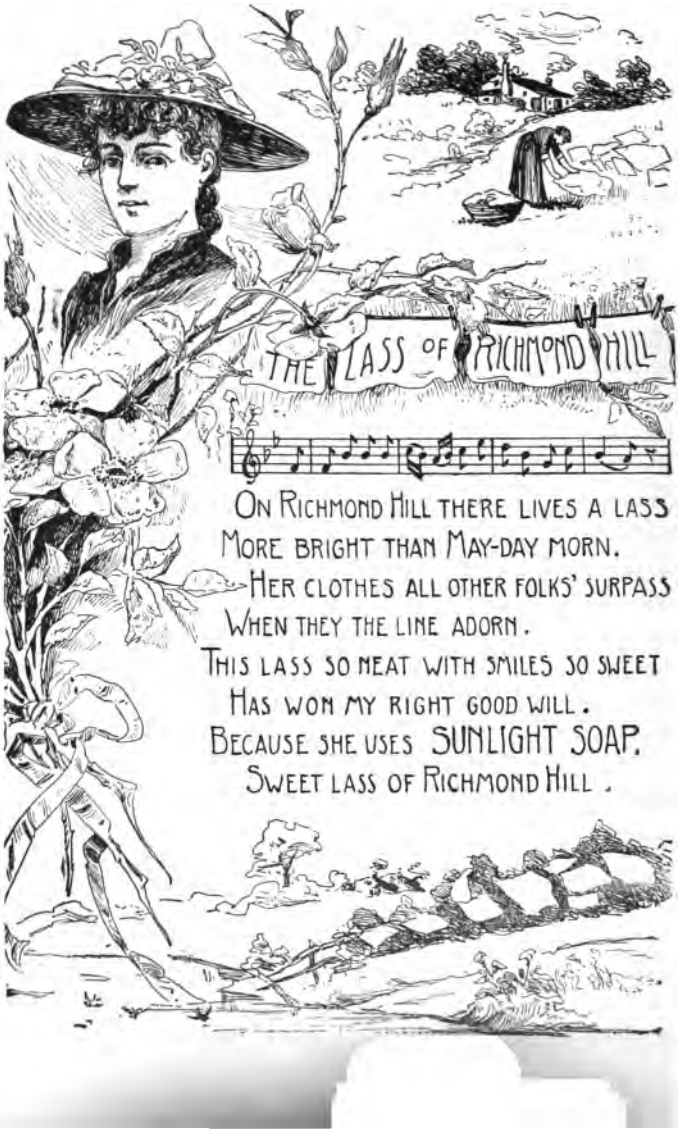
"Society is the happiness of life."—SHAKESPEARE.

Home is the Jolliest Place.

The promotion of social evenings is only one branch of the noble art of home-making, but it is one no woman can safely ignore who aspires to make her home the centre of attraction. While in no sense depreciating the excellent public work done by many women, one cannot but cordially agree with the lady speaker who, at a Church Congress, said: "That woman is the most successful whose sons declare that Home is the jolliest place out!"

Preparations.

The instinct for social intercourse and amusement is so strongly implanted in young people, that the heads of families would do well to promote such pleasures under the home roof. Surely no sensible parents will grudge the trouble involved in making the home a real home, a place


THE LASS OF RICHMOND HILL
ON RICHMOND HILL THERE LIVES A LASS
MORE BRIGHT THAN MAY-DAY MORN.
HER CLOTHES ALL OTHER FOLKS' SURPASS
WHEN THEY THE LINE ADORN.
THIS LASS SO NEAT WITH SMILES SO SWEET
HAS WON MY RIGHT GOOD WILL.
BECAUSE SHE USES SUNLIGHT SOAP.
SWEET LASS OF RICHMOND HILL.

not merely as a *pièce de résistance*, but for such of the company as may not care for made dishes.

When it is not practicable to give a formal "sit-down" supper, a "stand-up" supper—*i.e.*, an informal handing round of refreshments—may be substituted. For such occasions, there is nothing more convenient or more appetising than well made sandwiches, and these offer an endless variety of choice. They may be of meat, fish, poultry, game, cucumber, etc., and the flavouring may be varied, according to taste, by the addition of thin slices of beetroot or a sprinkling of cress. When there are piles of different sandwiches it is a capital and novel plan to stick on each pile a miniature flag of white silk or satin, on which is written, or outlined with gold thread, the name of the sandwich such as "Tongue," "Chicken," "Fish" and so on. If sandwiches are prepared early in the day, they should be kept fresh by being wrapped in a damp linen cloth.

Carefully made salads, to which has been added minced chicken or fish (freed from bones and finely shredded) are very popular dishes. So also are the jellies, trifles, blancmanges, and the many sweet confections for which children have a special affinity.

Except in the case of elderly people, or of those in delicate health, stimulants are rarely necessary at social gatherings. It is never wise to press intoxicants upon young people, and, happily, it is seldom done. Good coffee and tea, lemonade, fruit essence, and the many effervescing drinks furnish refreshments to suit every taste.

Amusements. The amusements of the evening should, of course, be determined by the habits and tastes of the company. Intellectual people will instinctively seek enjoyment in discussing books,

a musical, regular, and harmonious disposition. By philosopher is meant one who wisely leads a life of simplicity, independence, magnanimity, love, and trust, or, to put the meaning in a more concise form, one who lives according to the highest dictates of conscience. Shakespeare tells us that

> *The man that hath no music in himself,*
> *Nor is not moved with concord of sweet sounds,*
> *Is fit for treasons, stratagems, and spoils;*
> *The motions of his spirit are as dull as night.*
> *And his affections dark as Erebus.*
> *Let no such man be trusted.*

If we take the opinion of Plato in connection with the well-known declaration of the immortal Bard of Avon, we shall begin to comprehend that some form of musical training is of service to the building-up of a perfect or healthy character.

The Art of Music.

Music, as an art, has come to us through the dim ages of antiquity, for we have it on record that Jubal was "the father of all such as handle the harp and organ" (3875 B.C., Gen. iii. 21), whilst the flute and harmony, or concord in music, are said to have been invented by Hyagnis in 1506 B.C. St. Cecilia, who died in the second century, is designated as the "Patroness of Music," and she is said to have enticed an angel from the celestial regions by her sweet melody. So convinced were the ancient Greeks of the power and utility of music that it played a most important part in the education of youth. In our own time, too, music has a power which cannot be overlooked Who has not felt the deep and lasting impression made by the singing of a soul-stirring hymn such as Newman's

uproarious the quieter fun of consequences, proverbs, puzzles, and conjuring tricks may be introduced. Tableau vivants, charades, and recitations are a never failing source of delight to old and young, but, to be rendered successfully, they should be rehearsed beforehand and the family wardrobes rummaged for such articles of clothing as are necessary for "dressing up."

Games of whatever sort should be varied by songs, glees, instrumental music, conundrums, recitations, charades, etc. By this means no one faculty or capacity for enjoyment is exhausted, the evening seems bright and the time passes merrily. When, on the contrary, only one sort of amusement is adopted the senses and faculties are soon tired and the entertainment falls flat. By a little forethought this can be avoided. In playing round games—that is games wherein a whole party may join—it should be remembered that these are also of different classes, which may be roughly divided as follows:—Romping games, involving bodily exercise; games of wit, which gratify sense of humour; and intellectual games which stimulate the mental faculties. In the latter category may be included cards, dominoes, draughts, chess, billiards, bagatelle, and other well-known games which are played on a board or table. In section next but one (VIII.) mention is made of various games and instructions given on how to play them. There are many other games which will no doubt commend themselves to those who are intent on amusement, but owing to limited space it is not possible to refer to them fully.

Dancing. The evening can often be fittingly terminated by an impromptu dance. It is a charming sight to see the mother moving in the stately minuet with her youngest son, or the silver-

draw an angel down." If a sweet concord of sounds possesses such wonderful power for good, music should be cultivated in the home where its beneficent influence would help to brighten the lives of many. If we begin the duties of the day with music and singing, we shall be cheerful and invigorated to encounter and overcome the difficulties and obstacles that beset our labours. At eventide, too, let us devote an hour or so to the duty of this divine art, for in it shall we find solace and refreshment after labour,

And the night shall be filled with music,
And the cares that infest the day
Shall fold their tents, like the Arabs,
And as silently steal away.

Mothers, sing to your children, for that is the surest and simplest way to create in them a love for music. The voice is the finest and most expressive of musical instruments. All children are not naturally musical, yet each is capable of receiving at least some degree of musical culture. Of course, some there are who are gifted with what is termed a "musical ear," but this, like all other gifts, may languish by neglect. The natural taste for music will improve if encouraged and exercised, and, with care and gentle patience, every child, whose organs of voice are healthy, may be taught to sing in a pleasing and acceptable manner.

Musical Training.

The object of all training is to make us true to nature. In singing, for instance, we should sing naturally and easily, without affectation, and with an entire absence of self-consciousness. Let us take for our tutor one of Nature's songsters, say the canary; and as we are naturally imitative, we shall find many excellent qualities to imitate, many

valuable lessons to learn from this little singing master, who sings not for cheap popularity, but because he loves to sing. The lessons the canary has to teach us are:—(1) Thorough control of the breath; (2) Respiration perfectly inaudible, so as not to mar the beauty of tone; (3) Power and intensity, which should not be the result of force, but of restraint and resistance to the outflow of breath; and (4) that only a small quantity of breath is required for the production of good tone.

Breathing Exercises.

There is an old Italian proverb which runs—"When you are master of your breath, you are master of your voice, and master of all the music that ever was written for the voice." This very desirable power of control is only to be attained by the daily practice of breathing exercises. It is not our intention to enter into long technical explanations of the various organs of voice, but simply to give a few useful hints whereby home singing may be adopted, encouraged, and greatly improved. Those who wish for technical instruction on the subject should study Dr. Charles Lunn's "Philosophy of the Human Voice," price 1/-.

A most useful and beneficial breathing exercise is as follows:—

Posture.—Place the hands upon the sides just below the floating ribs, stand erect, and during the whole of the following exercises keep the mouth open.

(a) Inspiration.—Gradually and firmly expand the chest *laterally* (sideways), and allow the breath to flow silently into the lungs until they are completely inflated. Note particularly, it is not the inspiring of breath which must

SOCIAL EVENINGS IN THE HOME.

solemnly named on entering, shakes hands with the mistress of the house, says—among other trivial sentences—that one takes (or does not) both sugar and cream; spots the tips of one's gloves with butter or some sweet confection, stays a quarter of an hour or so, bows, or shakes hands again, and leaves: with the consoling reflection that one has done one's duty, seen a dozen or two of human butterflies, and, in turn, been seen by them. Well, to this sort of Society treadmill, I conceived an aversion. To submit to it to some degree was, and is, inevitable; but to make it one of the reasons of one's existence—!

On my cards, therefore, I added these words—'At Home, first Monday in each month, from 8-30 to 10-30 p.m.' and hopefully awaited the result. Evenings would, I knew, give me a double chance, for I might expect to receive men as well as women, and I have studied human nature long enough to understand that women and men are alike in desiring each other's society. By eight o'clock on the night of the initial attempt, my room—a small one—was bright and gay with flowers and candle-light, superfluous furniture had been set aside to make room for easy movement, the fire burned clearly, the shaded lamp in the greenhouse on which the room opens, gleamed softly on fern-fronds and other verdure. It all looked thoroughly attractive and home-like, and, what may be worthy of reward, no extravagance of any sort had been resorted to. The flowers—it was early springtime—were simply white hyacinths and snowdrops, with plenty of deep crimson foliage and long falling leaves of light green. Candles, I noted just now—I note them again purposely to emphasize their efficiency and economy—I bought half-a-dozen a foot long and an inch-and-a-quarter thick. Their colour matched famously with

not develop into *a—ee*, *i* into *i—ee*, or *oh* into *aeowoo*, but every vowel must be a simple and not a compound sound. Consider these six vowels as the colours with which you are to paint your tone-picture; some as bright, some obscure. By constant practice your tone will acquire what artists term "*chiaro*" and "*oscuro*"—that is variety. Parents should cultivate a low sweet tone of voice in speaking to children; in fact, the voice should always be musical, and the enunciation not as if the words were coarse castings, instead of fine carvings. Let it be your endeavour always to speak the Queen's English with purity and euphony.

Pathos and Expression.

The chief excellence of singing, and indeed of all music, is *pathos* and expression. Without these, it may amuse the ear, or exercise the mind, afford an illustration of the performer's dexterity, or in other ways give a slight fleeting pleasure, but without engaging the affections, it can never yield that permanent, useful, heartfelt gratification which is the real mission of music. The singer, devoid of affectation and self-consciousness, must himself feel the emotions he desires to express before he can "touch the hearts of men, and bring them back to Heaven again."

Elocution and Phrasing.

The study and practice of elocution will also be found of great service as tending to give clearness of enunciation, and teaching the art of word-painting. Avoid all extravagance of expression, impart to each note its own true value, and so give to the music its proper rhythm. Consider well that you are not interpreting your own but the composer's thoughts, and studiously obey him in all

points. In phrasing, remember that music is made up of clauses, phrases, and sentences, and let your intelligence guide you accordingly. Of course, the words will be of very great assistance, the punctuation marks showing where breath may be taken, but above all things do not destroy the musical phrase. Always endeavour to choose good music and good poetry, and thoroughly understand what you are singing. Music, whether vocal or instrumental, will help to cheer us in our work, and happy and pleasant will the home be where a knowledge of the art is encouraged and cultivated.

Below is given a short list of modern songs, etc., suitable for the home, the accompaniments to which are not very difficult to play. Excerpts from oratorios and operas, and the national songs of England and Scotland, etc., need not be here enumerated; neither do we include those songs, if songs they may be called, which attain a transient popularity. Those who desire to give attention to the study would find two useful books in Concone's Vocalisation Exercises for the Medium Voice, 2s.; and Sinclair Dunn's Vade Mecum (Scales, &c.), 1s.

SONGS. FOR THE CHILDREN.

Little Songs for Little Singers	A. Scott Gatty.
Twelve Songs for Children	M. V. White.
Two Marionettes	E. Cooke.
Fiddle and I	Mrs. Goodeve.
The Gift	Behrend.
The Better Land	Cowen.
The Baby and the Fly	Molloy.
Mistress Prue	do.
Love's Old Sweet Song	do.
The Wishing Cap	Pinsuti.
Uncle John	Weatherley.
Dinah Doe	Molloy.

recitation sometimes, when a talented reciter dropped in; instrumental music sometimes, when reliable musicians were available; an original 'talk' or paper, or poem, sometimes; anything calculated to prevent monotony, and impart a newness, an exhilarating atmosphere of expectation. Nothing so speedily spoils a social evening, as the constant repetition of the expected.

How to spend the Evening.

Now that I have felt my way, I am on the *qui vive* for novelties; that is to say that I take note of singers, players, speakers, reciters, etc., with whom I may meet in every "set" into which I have *entrée*.

Thus I am enabled to write to one or other of them on some special monthly social evening of mine. They seldom or never disappoint me; indeed, they are uniformly courteous. My little drawing-room has resounded with melodies of a high order; with informal but none the less informatory talks of a poetic, adventurous, and even philosophic kind. Short "talks" always, never bore people; rather, if possible —and it is possible—interest them fully, and leave them, like Master Oliver Twist, eager for more. Discussion following such talks is generally as entertaining and useful as the talks themselves.

In a small room like mine, dancing is impossible. This is to be deplored, for an impromptu carpet-dance affords agreeable variety. A minuet or gavotte always delights where there is space, and where grace combines with activity. Once or twice my husband has read some short but charming story. Once or twice, an original tale or poem has been read or declaimed by the author. Once or

twice all present have exercised their ingenuity by composing verses on suggested subjects or working *bouts rimés*. Once or twice a traveller friend has given his or her experience of far-away lands and peoples, or analysed the writings of a novelist or essayist. Generally, remember that conversation pure and simple is the order of the evening; and, generally, it is found fully sufficient, but to sustain success it is advisable to have an extra string or two to one's bow.

As the evening draws on, say about ten o'clock or so, I introduce cigarettes. Men having courteously responded to my invitation and helped to make the hours agreeable, I, in my turn, dare not deny them this consolation, a consolation which to many men is almost a necessity. Very few ladies really object to this; many appreciate it, loving to see the sterner sex at ease. About this time, too, a glass of wine or liqueur is welcomed in houses where the blue ribbon does not hold undivided sway. I have visitors teetotal and non-teetotal, but I do not think I have, in this way, offended anybody beyond forgiveness. In the conduct of your social evening, do not neglect the quiet, the hard-worked, may be the humble. To some of these the charm of such a gathering is of unspeakable value, their presence will add to, not detract from, your satisfaction.

The Secret of Success.

On the other hand you will find some acquaintances who will endeavour to emulate, and even surpass, you. Their evenings will be more exclusive, more pretensious, their refreshments costlier; their appointments more *chic*. Do not play the game into their hands, go well and wisely on your own way. The success of a social evening depends not upon luxury or lavishness, but upon kindliness of heart and friendliness in manner.

Oranges and Lemons.

This is a good game if played with spirit. The two tallest stand in the middle of the room, raise their arms above their heads, and join hands. Under the arch thus formed the other players pass in single file, through and through again, holding each other by the back of the dress, and all singing—

> "*Oranges and Lemons, say the bells of St. Clement's;*
> *You owe me five farthings, say the bells of St. Martin's;*
> *When will you pay me, say the bells at Old Bailey;*
> *When I grow rich, say the bells of Shoreditch;*
> *When will that be, say the bells of Stepney;*
> *I do not know, says the great bell at Bow;*
> *Here comes a candle to light you to bed,*
> *And here comes a chopper to chop off your head.*"

As the last word is uttered, the two tall players drop their arms suddenly; the captive has to whisper whether he or she will side with "oranges" or "lemons," and then stands by while the others continue the game until the last "head" has been cut off. Then all who have decided for oranges range themselves behind the leader "orange," grasping each other round the waist, while the "lemons" do likewise; a piece of white tape is laid on the floor, the leaders grasp hands, and the side which succeeds in pulling the other across the line wins the game.

Musical Chairs.

For this game, a row of chairs, one less in number than the players, is placed down the centre of a long room, alternately back and front, and with sufficient room between each to allow the players to pass. If there is room for two rows so much the better. A good lilting tune, like "Weel may the keel

row," is then strummed on the piano, and the players dance in and out of the chairs, keeping time with the music. Every time the musician leaves off suddenly, the dancers must take possession of a chair. The chairless one is subject to a forfeit and retires from the game, taking with her a chair. When only one chair and one player are left, the forfeits are called in, and the penalties enforced. The musician may vary the "time" and the fun at pleasure.

The Huntsman. This is a somewhat similar game to the above. One of the party takes the name of the "huntsman," and the others call themselves coat, dog, gun, shot, flask, etc. Chairs for all the players but one are placed in a double row, back to back. The huntsman, walking around, then proceeds in imagination, to dress himself for the hunt, calling for his coat, gun, &c., and at each word the player who represents the article called for rises and lays hold of his coat-tails. When all have been called out, the huntsman begins to run round and round the chairs. Suddenly he shouts "bang," seats himself in the nearest chair, and his followers immediately scramble to get a place. As before, the chairless one pays a forfeit, takes a chair and retires, until only the huntsman is left, who then calls the forfeits.

Fox and Chickens. Two corners of a room are chosen, one called the fox's den, to which one of the players, the fox, retires; the other called the farmyard, reaching which a chicken is safe. A player is then selected for hen, and all the others, her chickens, form a tail behind her. The hen approaches the den with the question "If you please,

Fox, could you tell me what o'clock it is?" If the answer is "Twelve o'clock at night," the fox rushes at them, and they must all take to their heels for the farm-house. The one caught pays a forfeit and retires. If the answer is anything but the fatal one they may retire in safety, and again approach with the question.

Hunt the Slipper. All the players, save one, sit in a circle on the carpet with their hands behind them. One of the number holds a slipper, which is tapped on the floor smartly, and quickly and secretly passed on to another player before the hunter, who is standing in the centre, can tell whence the sound came. If the players are adroit, the hunter can be kept flying from side to side of the circle for some time. When the slipper is at last found the hunter sits down, and the player in whose hands it was found becomes hunter.

Twirl the Trencher. This old game is a great favourite with some people. The players sit in a large circle; one of the number spins a wooden trencher, bread-plate, or tin waiter, in the centre of the circle, calls any other player by name, and runs to his or her seat. The player called must reach the trencher before it falls to the ground, otherwise a forfeit is paid. If the trencher is caught another twirl is given it, and another player called upon. By the rules of this game the plate must be spinning when the last spinner reaches his seat, but of course the fun is increased by giving only just sufficient impetus for this. The game should be played for a short time only, or it will fall flat.

Dumb Crambo. The players divide into two parties, one of which goes out of the room, while the other fixes on some verb, such as lance, sing, eat, etc. The other party is then admitted and told that a word has been selected. "What does it rhyme with?" they ask. If the word selected is "lance," the answer is "it rhymes with dance." The discovering party has now to find out, by acting, what the word is. "Dance" rhymes with "prance." So they imitate horses prancing, and are hissed out of the room for the failure. They try again, this time imitating the throwing of dice, thinking the word to be "chance." Again they are hissed out. At length they imitate the throwing of a "lance," and this being correct they remain in the room to deliberate on a word while the other party goes out. Of course, the best words for this laughable game are those that rhyme with a number of other verbs.

Dumb Band. In this game the players imitate in dumb show the actions of playing well-known instruments, such as trombone, cymbals, harmonium, flute, etc. The leader, who must be sharp-eyed and active, after starting his band, suddenly assumes, without a moment's notice, the instrument of one of the other players, who must then immediately quit his own, and begin playing the leader's. Suddenly the leader pretends to play the instrument of a third player. Number two at once resumes his own, and number three takes up the leader's, and so on as long as the band pleases. It is evident that all eyes must be fastened on the leader, who, if he is brisk, can make the game very laughable. The penalty of failing to change the instrument is, of course, a forfeit.

Bouts Rimés. This is not only a laughable though simple game, but a training in mental promptness as well. The party being seated, the director reads or recites a line of poetry, and calls one of the players by name to add a line corresponding in sense, rhyme and rhythm, during the spinning of a teetotum, under pain of forfeit. For instance, the director gives "The boy stood on the burning deck, whence all but he had fled," spins his teetotum and calls on "Mr. Jones." Mr. Jones responds "He loosed his scarf about his neck, its getting warm, he said." The director gives another line, say, "Breathes there a man with soul so dead," spins his teetotum and calls on "Mr. Brown," who replies "Who ne'er has owned an aching head."—"The busy lark, the messenger of day." "Quite lost his voice, and had nothing to say."—"The curfew tolls the knell of parting day." "As down the lane roams one who's lost his way." A burlesqued reply to a well-known line creates the most fun. Of course, high-class poetry is not expected.

What is my Thought like? The party being seated, one of them thinks of some person, place, or thing, and keeping his thought to himself asks each one of the company in turn "What is my thought like?" They answer at random, "Like a steam engine," "Like a cavern," "Like a tea-kettle," and so on. Then the questioner declares his thought, and calls upon each of the players to justify the likeness he had given on penalty of a forfeit. Thus, supposing the thought was "The Prince of Wales," the questioner would say to the person who had given the "steam engine" answer, "Why then is the Prince of Wales like a steam engine?'

He justifies himself by saying, possibly, "Because he goes at a pretty fast pace." The "cavern" player gets out of the scrape by saying "Because you don't know his depth," and the "tea-kettle" man "Because he boils over occasionally." This is a good game, with plenty of fun and sharpening of wits, but to be played well the questioner, when calling for justifications, should dodge about from one to another.

I Love my Love With an A.

This is generally considered to be purely a child's game, but many an adult might find himself in an awkward corner if he attempted to play it, and discover to his great surprise that his command of language was considerably less than he had believed. For those who are unacquainted with the game we may say that it consists of quickly finding half-a-dozen epithets, each beginning with the same letter of the alphabet. The company sit round, and each member has to love his or her love with a different letter. Thus, the first one begins: "I love my love with an A., because he's amiable. I hate him with an A., because he is arrogant. He took me to the sign of the 'Archer,' and treated me to apples and ale." The second goes on: "I love my love with a B., because she's beautiful. I hate her with a B., because she's boisterous. I took her to the sign of the 'Brown Bear,' and treated her to butter, buns, and beer." And so the game goes on right through the alphabet. When it comes to X., it is quite legitimate to say "I love my love with an X., because she's excellent, I hate her with X., because she's extravagant. I took her to Exeter Hall, and treated her to an exhortation." Instead of regularly going round the circle each player should have the power to call on any one of the rest to continue the game.

Proverbs.

One of the players leaves the room, while the remainder fix upon some proverb, such as "All is not gold that glitters," "Birds of a feather flock together," "Train up a child in the way it should go." Any short and well-known proverb, in fact, will do, but it must contain as many words as there are players, each of whom places himself or herself in proper rotation. The outside member is then admitted, and being told at which end to begin puts one question to each player, receiving a reply in which is

embodied the word of the proverb assigned to that player. For instance, if the proverb chosen is "All is not gold that glitters," he may put to the first player the question "Are you going out to-day?" Now the person questioned has to bring in the first word "All," so she replies, possibly, "It is not at *all* certain." "Do you know the King of Italy is dead?" says the questioner to number two," who replies, perhaps, "*Is* he? dear me, I didn't know." "Do you love me?" may be the third question, and the answer "Certainly ***not***; couldn't think of such a thing." The words "all," "is," and "not," are so common that they may be brought

into almost any commonplace sentence, but a word like "gold" is distinctive, and though the questioner may have had, up to the present, no clue to the proverb, he will probably get one now, especially if his next question should happen to be an awkward one, such as "Can you tell me the time?" The reply is, probably, "I have not my *gold* watch with me," or, sententiously, "Time is worth its weight in *gold*; it is half-past eight." If the questioner is sharp-witted he will at once fix on this word "gold;" he recalls all the proverbs he knows which contain the word; the right one occurs to him; he compares the number of words with the number of players, and announces triumphantly "All is not gold that glitters." The game is won, and the person through whom he got his first clue has to pay a forfeit. Of course, the object of the questioned players is to incorporate their word in as natural and unnoticeable a way as possible, while the questioner must have all his wits about him. If he fails he leaves the room for a trial with a new proverb, but if he is successful someone else must go out if he wishes it.

Consequences. Any number may engage in this game. The players are seated round a table, or if this is not large enough they form a circle, and take a book or something hard and level on their knee to serve as a writing-desk. Each player is supplied with a pencil, and a long slip of writing paper. All first write down one or two adjectives descriptive of a gentleman, fold down their papers so as to hide what is written, and pass them on to their right-hand neighbours. The next order is "Write a gentleman's name;" this done the papers are folded and passed on as before. The third order is "An adjective or adjectives, descriptive

of a lady;" the same process is repeated. Order No. 4 is "A lady's name;" No. 5 "Adjective descriptive of a place;" No. 6 "Mention a place;" No. 7 "A date, or period of time;" No. 8 "Tell what the gentleman said;" No. 9 "What was the lady's reply?" No. 10 "What were the consequences?" No. 11 "What did the world think of it?" Of course, each player must be in entire ignorance of what his neighbours have written, and the folding and passing processes must be repeated at each stage. The papers are all then gathered in, and some member of the company, who has humour and ability, reads aloud the concoctions, generally amid much laughter at the incongruous jumbles. Example: "The pious and graceful George the Fourth (met the) dashing Joan of Arc (on) the billowy sands of Margate (at) the 'witching hour of twelve. (He said to her) 'O fly with me and be my love.' (She said to him) 'Get out, old hoss.' (The consequence was) they wept, (and the world said) 'Ah! young love! young love!'" Names of persons and places well known to the company should be used as far as possible.

One Old Ox Opening Oysters. This is a capital round game which taxes the memory and the gravity of everyone. A mistake or a laugh is punished by a forfeit. The leader says solemnly "One old ox opening oysters." Everybody repeats this in turn. The leader begins again "One old ox opening oysters; two toads totally tired, trying to trot to Tedbury." This is repeated in turn. Then, "One old ox opening oysters; two toads totally tired, trying to trot to Tedbury. Three tawny tigers tickling trout." This goes round, and the fourth begins "One old ox, etc., etc., etc.,

four fat fellows fishing for frogs." The whole business is repeated each time a fresh number is added. The succeeding jingles are :—

> "*Five fair flirts flying to France.*
> *Six Severn salmon setting sail.*
> *Seven Scotch soldiers shooting snipe.*
> *Eight elegant elephants entering Europe.*
> *Nine nimble noblemen nibbling nutmegs.*
> *Ten tipsy tailors teasing titmice.*
> *Eleven eager earwigs eating eggs.*
> *Twelve twittering tomtits twisting two twigs.*"

How, when, where do you like it?

Any number of persons may take part in this amusing guessing game. One of the number called the "Stock" is sent out of the room, while the others choose some word that bears several meanings, such as c(h)ord, bark, vessel, rain, key, aunt, bean. The Stock is then admitted. He asks of each in turn "How do you like it?" Every answer must be different, and must bear some reference to the thing thought of. Thus if the word agreed was "c(h)ord," one says she likes it "full," another "long," another "rich," another "in lengths." The Stock then puts the second question "When do you like it?" to which one may say "When I am dull," another "When I am packing," another "When I am beginning," another "When I am loaded." The third question is "Where do you like it?" and the replies may be "In the music room," "In the box room," "In the kitchen," "In a church." The questioner then puts his wits to work to discover from the replies what the thing can be. He is allowed three guesses. If he succeeds, the person from whose reply he obtained his first clue pays a forfeit; if he fails he pays a forfeit.

The Rule of Contrary.

Two players hold out a light walking-stick or umbrella between them. A third traces mystic circles in the air with her forefinger, saying solemnly, "Here we go round by the rule of contrary" (pronounce it *contrairy*); "When I say 'Hold fast' let go; when I say 'Let go' hold fast." She then suddenly and sharply cries out "Let go!" In nine cases out of ten the players will drop the stick instead of holding fast. Of course, the roars of laughter from the onlookers that greet their failure will only make them anxious for another trial, pleading unfamiliarity with the game as an excuse, but their very determination not to be caught napping again will probably undo them on the second occasion also, as it no doubt will with the others when they try.

Think of a Number.

Think of a number. Double it. Add sixteen to it. Halve it. Take away the number you first thought of. The remainder is eight. In fact, whatever number is thought of, the remainder will be just half of the number added to it, which may be any number from one to forty millions.

Thought Reading.

This is a trick to discover a given word, by the aid of a confederate who plays the part of witch. Having promised to discover whatever word should be chosen by the company, you leave the room while they deliberate. This done, you are admitted, and take a seat. Your friend dressed as a witch, has, of course, remained in the room and is aware of the word; she addresses you in short sentences, waves her wand from time to time, and

thumps upon the floor. By previous arrangement, known only to yourselves, the initial letter of every sentence in her address is a letter of the word or words chosen, in its proper place. A wave of the wand signifies a new word; the thumps on the floor represent the vowels; one for a, two for e, three for i, four for o, five for u. Thus, supposing the word chosen to be "Gatehouse," the witch begins—

"*G-o not away, my faithful friend* (*thump*),
T-ill you have read the mystery of my thoughts (*two thumps*);
H-ow shall the secrets of the deep be revealed to you (*four thumps*),
U-ninitiated son of man?
S-peak, my child (*two thumps*)."

Waking up as if from a hypnotic trance, you reply in a grave, I-possess-the-wisdom-of-the-world sort of voice: "The secret of your thoughts is open to me. The word you were thinking of was Gatehouse."

Flowers love the Sunlight, and always turn to it, for it brightens everything. The modern housewife always turns to

SUNLIGHT SOAP

for it brightens her home, **and** helps her out on "washing-day," **or** any other day when she needs **a** pure honest soap which cleanses everything it touches and doesn't injure anything, either fabric **or** hands.

Less Labour, Greater Comfort.

The Window Garden.

"The garden yields a soft amusement, a humane delight."—ARMSTRONG.

A Delightful Hobby.

Of all interesting and delightful hobbies there are few, if any, more universally popular than Window Gardening. It is eminently healthful, as a hobby ought to be; it is a pursuit conducive in a very high degree to the cultivation of refined taste, and, being in a double sense a sign of culture and a decorator of the Home Beautiful, it has no equal. It provides interest and stimulates ingenuity. Every true lover of flowers likes to watch the growth of plants, and usually has a cherished pot or two in her bedroom or boudoir. Everyone nowadays seems to have come to the conclusion that no room looks really habitable or artistic without growing plants.

Without some amount of special knowledge, however, it is scarcely possible to successfully undertake the care of plants, so that the lady amateur should equip herself with books and papers relating thereto. Experience, that best of all teachers, will soon show her how to proceed. Within the short limits of this article only an outline sketch of the possibilities of Window Gardening as a Home Decoration can be given; but there are many handy manuals to be procured at a

Brooke's Soap

Monkey Brand

Makes

COPPER LIKE GOLD;

TIN LIKE SILVER;

BRASS LIKE MIRRORS;

CROCKERY LIKE MARBLE;

WINDOWS LIKE CRYSTAL;

POLISHED STAIR RODS;

BRIGHT FIRE IRONS;

CLEANS AND BRIGHTENS EVERYTHING,

BUT

Won't Wash Clothes.

X.

Household Cleaning.

"A clean, fresh, well-ordered home exercises over its inmates a moral no less than a physical influence, and has a tendency to make the members of a family sober, peaceable, and considerate."

DR. S. SMITH.

Health and Happiness.

Clean homes, clean clothes, and clean habits are indispensable if one wishes to have health and happiness. But the question at once arises — how secure cleanliness in the home with the least amount of discomfort and worry? It is a well-known fact that many a housewife makes herself ill in her endeavour to make her home bright and clean, sweet and healthy.

Cleaning a Greasy Mirror

It is perhaps not equally well-known that over-fatigue is poisonous, but it is nevertheless a fact. It has been proved by experiment that the blood creates within itself a poisonous essence after a period of severe fatigue. This poison is similar to that into which the Indians used to dip their arrows; and the poison induced by fatigue in one person would, if injected into the system of another, produce in that other all the effects of fatigue. When this fatigue is induced so quickly by over-exertion that it cannot at once escape from the blood, the whole body is affected and the consequences are often of a grave nature. Women who are depressed with "that tired feeling" have not studied the science of rest. What is the need of all this over-fatigue and worry, which is so trying to the nervous system; of this unnecessary anxiety to keep one's home sweet and wholesome; of this never-ending wear and tear of body and mind which has such an untoward effect on the health of the system, when it can be avoided by using the right means?

Useless Exertion.

Housewives who use common adulterated soaps for house-cleaning know only too well that feeling of exhaustion caused by undue exertion, not to mention the feeling of dissatisfaction when the results of one's labour are an inadequate return for the labour expended. This useless exertion recalls to mind the story of the simple-minded and good-natured Irishman who was carrying a heavy bass of tools and who got on a tramcar. Instead, however, of depositing the bass on the floor of the car he persisted in carrying it, giving as his reason that he "wanted to take the load off the poor horses!"

Unnecessary Work and Worry.

How many women there are who toil and worry unnecessarily, who bear the heat and burden of the day whilst their efforts produce neither tangible nor lasting results. They never stop to think how, by the use of a pure soap instead of common soaps of low cleansing properties, they could accomplish better work with less labour. Let us consider the simple means by which all this toil and worry might be averted. If one were ascending a steep acclivity, toiling painfully under a heavy burden, and there came along a kind and sympathetic friend who proffered to bear that burden, would that proffered assistance be spurned? There's no knowing, some folk are so peculiar; but the chances are that it wouldn't. Well, then, there is something easy of acquisition that will turn hours of toil into hours of pleasure, that will ease the burden of household cleaning, that will make things flow smoothly without a ripple of vexatious worry. That something is LIFEBUOY SOAP. The majority of wise and thrifty housewives know its virtues, but there *are* some who don't. They still cling to the mistaken notion that there is pretty much of a sameness in soap: only some soaps are cheaper than others. There *are* women who like a big lump of soap for their money. It apparently doesn't matter whether it be half water and impurities, provided the bulk is there. But, as in everything else, the mistake is found out sooner or later. The conclusion is arrived at that the really cheap soap is the soap that is pure soap, true soap, all soap—soap that will do its work quickly, easily, and to the satisfaction of all concerned, and that will not corrode or injure the materials upon which it is used, as soaps do that contain free alkali.

Pure Soap.

This is rather a long dissertation on the value of a good soap for house-cleaning, but surely not too long. Soap, after all, is the prime essential in cleaning of every description, and the choice of a good soap means so much in the effective and easy accomplishment of this branch of household work. Now, LIFEBUOY ROYAL DISINFECTANT SOAP is not only a pure soap for house-cleaning purposes, but as a disinfectant it is unequalled. It is not only unique for scrubbing and cleaning, but it will effectually destroy the invisible germs and microbes which abound in dirt, and which, if they were not destroyed, would ultimately cause sickness, disease, and death. Labour is lightened and health ensured by its constant use, and hence it will be seen that as a soap it possesses a twofold advantage. Compared with other soaps, a little of it goes a long way, and the result is much more satisfactory. LIFEBUOY ROYAL DISINFECTANT SOAP is therefore indispensable in every household, and the sensible housewife who uses it will always have her home pure and sweet, and disease and doctors' bills will, to use a popular phrase, "be conspicuous by their absence."

Order and Method.

One of the great secrets of success in house-cleaning, after the choice of a good reliable soap, is order and method. Have a scheme or time-table of work drawn up and adhere to it. Nothing so soon turns a house topsy-turvy as cleaning by fits and starts. In this connection the idea of thoroughly "doing" the house from top to bottom in one huge "Spring Cleaning" seems on the face of it to be wanting in that common sense which in other things is so

characteristic of Englishwomen. The utility of "Spring Cleaning" is doubtful, its discomforts innumerable, and there is no doubt about its being a nuisance. If the ordinary weekly cleaning were thoroughly done, or done with method, there would be nothing gained in "Spring Cleaning." For instance, let the housewife make it a rule to "go over" the rooms every week or fortnight. This can easily be done without interfering at all with the ordinary routine work, and as a result the house would be kept as sweet as a nut and every room thoroughly cleansed not once nor twice a year, but many times, and that without any discomfort or worry whatever.

Routine of Work.

The regular routine work such as washing-up, bed-making, and preliminary preparations for dinner, should be completed by 10-30 a.m., after which the special cleaning for the day should be begun. Here it is that a scheme of work for each day in the week proves especially useful. It is not expected that the following scheme will suit every individual taste. Much, of course, depends on the size of the house and the number of servants, if any, employed. But, if modified according to the housekeeper's circumstances and predilections, the scheme will be found useful, and will help to bring about a clockwork regularity in the house which will obviate many petty worries.

Scheme of Work.

Monday Morning. Extra cleaning after Sunday. Bed-linen to change. Drawing-room or dining-room to turn out.

Tuesday Morning. Washing day; where it can be afforded the washing may be sent out, or a woman hired to assist. But even this is not necessary when SUNLIGHT SOAP is used.

Wednesday Morning. Clean Bedrooms. Put away washing and ironing before night.

Thursday Morning. Clean Landing, Stairs, Bathroom, Silver, Dish-covers, &c.

Friday Morning. Clean Kitchen, Hall, Scullery, Pantry, Yard, and conveniences.

Saturday Morning. Extra cooking for week-end.

The afternoons may be devoted to sundry little odds and ends of housework, such as mending and sewing. Also for receiving friends and paying visits.

Hints for the Housewife.

How to Clean a Firegrate. First of all remove the cinders and ashes, reserving the cinders for building-up the fire. Mix in a saucer a little blacklead and turpentine, and apply lightly with brush all over the grate. Brush off immediately with hard grate brush, polishing with soft brush.

A Tiled Grate. Wipe the tiles over when cool with a damp cloth, on which a little LIFEBUOY SOAP may be rubbed; let the tiles dry thoroughly before relighting the fire, for if they get hot whilst wet it not infrequently causes them to crack.

Fire Steels. Work a damp cloth or flannel on a tablet of MONKEY BRAND SOAP until a good lather has been obtained, and briskly rub the steels with the moistened cloth until they are thoroughly brightened. Then polish the steels with chamois leather. Cleaned in this way the steels will not have that scratched appearance which is so noticeable when cleaned by ordinary methods.

Fire Brasses. Rub well with a little sweet oil, then polish with a little finely powdered rotten stone and a leather.

Brass Inlaid Work. The best way to clean brass inlaid work is to make a mixture of equal parts of linseed oil and tripoli, also adding a teaspoonful of LUX.

Cleaning a Tiled Grate.

Lamp Glasses are easily washed by making a thick lather with SWAN WHITE FLOATING SOAP, well rinsing them in this and then in cold water. Stand them to dry, and, when almost so, rub with a perfectly dry smooth cloth, using a lamp brush or pencil

to push the cloth through. Another way to clean lamp glasses and bottles is to cut up a raw potato into small pieces, and with a little water shake up vigorously in the glasses to be cleaned; or put tea leaves (after rinsing them well) into the glasses and shake up with water—they give a beautiful polish.

How to Clean Glasses.

To wipe a wine-glass after washing, the bowl of the glass should be laid in the palm of the left hand (covered with a soft cloth), while it is lightly held between the folds of the cloth with the first and second fingers and thumb of the right hand and gently moved round it until dried inside and out. Tumblers which have been used for milk present some difficulty in cleaning owing to the greasy nature of the milk. These should be washed in a lather made from SWAN WHITE FLOATING SOAP. Fill the glass with this lather, cover the mouth of the glass with the right hand, and shake well. Then rinse in clean warm water, and dry with a soft cloth. The beautiful polish that will result is very pleasing.

Mirrors.

Greasy mirrors or looking-glasses are best washed with a sponge dipped in a solution of LUX and warm water, dried, and then polished quickly with a linen cloth dipped in finely powdered chalk.

Carpets.

Before sweeping a carpet sprinkle with damp grass; it will make it sweeter and brighter than either salt or tea-leaves. To *wash* a carpet proceed in the following manner:—Prepare a rich abundant lather with SUNLIGHT SOAP, and scrub the

carpet from seam to seam, doing about a square yard at a time. Rinse the soap off with a cloth dipped in clean water, then dry thoroughly with another cloth. SUNLIGHT SOAP being thoroughly pure and without free alkali (free alkali rapidly corrodes wool) cannot injure the texture of the carpet, but it can and does revive the colours, as anyone can prove for herself by trying it on a piece of old carpet.

Cleaning Glasses, Picture Frames, &c.

Linoleum.

The durability of this useful floor-covering is undisputed. But one may make it last still longer and preserve its colours by a little careful treatment. Do not *brush* linoleum; when dirty, wash it with warm water and LIFEBUOY SOAP, rinsing with clean water and wiping *completely dry* with a soft cloth.

Wood Floors. Scrub in the direction of the grain, and change water as often as dirty. Use two pails of water with LIFEBUOY ROYAL DISINFECTANT SOAP. Scrub as far as the arm can conveniently reach. Dip flannel in second pail and remove the suds and dirt, following again the grain of the wood.

Polished Wood Floors. Under no circumstances must water be used on floors that are intended to be polished. Wipe the floor thoroughly with a dry cloth before applying the polish, removing any spots that may be thereon with benzine. A good preparation for waxing wood floors is made in the following way :—Cut common white beeswax into thin flakes, and pour turpentine over till well covered. Let it stand until the wax is quite soft when it must be stirred into a smooth paste, adding sufficient turpentine to give it a creamy consistency. Apply the cream with a woollen cloth ; rub well into the wood with a coarse piece of flannel until the floor shines. This treatment need only be applied twice a year.

Furniture. A mixture of three parts of linseed oil and one part spirits of turpentine is the best preparation for restoring furniture that is marked or scratched. It will restore the wood to its original colour and leave a lustre on the surface. Apply the mixture carefully and, when dry, polish with a woollen cloth.

Woodwork. When oak wainscoting gets stained and greasy-looking, wash it well with LIFEBUOY ROYAL DISINFECTANT SOAP. To give it a gloss boil two quarts of beer, half-ounce of beeswax, and a tablespoonful of sugar. Apply the mixture with a brush, and when dry polish with a soft woollen cloth.

Electro-plate. Electro-plated articles, to be thoroughly cleaned, should be washed in soapsuds of SWAN WHITE FLOATING SOAP, and dried with a soft towel. Next mix finely-sifted whiting with spirits of wine, apply with a sponge, rub with soft cloth and polish with wash leather.

Brushes. Hair brushes should be cleaned by placing them in a preparation of SUNLIGHT SOAP which has been dissolved in warm water and then allowed to cool. Rub the brush briskly with the hands, shake out the moisture, and place in a draughty place to dry. Tooth brushes may be cleaned in like manner.

Copper Cooking Utensils. To keep the insides of copper utensils such as stewpans, saucepans, &c., sweet and clean, rub first of all with a piece of lemon. Wash the pans well with hot water and SUNLIGHT SOAP, after which take a piece of sponge or cloth, moisten it, and rub lightly on a tablet of MONKEY BRAND SOAP until a good lather is

obtained, then apply briskly on the inside surface. Rinse in hot water. Dry with soft cloth, and polish with chamois leather.

Tin Ware. Damp a cloth and rub lightly on a tablet of MONKEY BRAND SOAP and apply the lather to the ware; rinse and wipe dry. Dirty tin ware can thus be made to look like silver.

Silver Ware May be kept beautifully clean by washing in a soapy solution of SWAN WHITE FLOATING SOAP and water. Wipe with a cloth and polish with a chamois leather.

Marble. Ordinary cleaning of marble may be done by simply washing the surface with warm water and SUNLIGHT SOAP, polishing afterwards with a fine dry cloth or leather. If stained and much soiled, wash well with a lather from MONKEY BRAND SOAP. It is well to remark that the cloth or sponge on which the lather is made should only be slightly moistened. Wash off with clean water and dry with a leather.

Picture Frames. Dirty picture frames will look almost like new if they are cleansed with the following preparation :—Take a teaspoonful of LUX and put it into a bottle with a teacupful of hot water, shaking it well and adding a wineglassful of spirits of ammonia. Paint the picture frames with the liquid, let it stay on a few minutes and then wash off with a soft brush and cold clean water. Let the frames dry in the sun, and polish with a clean chamois leather

Windows. Windows which are made clean and bright are very attractive, and the cleaner they are made the more light and airy is the ...e of the room in which they are situated. There

is no better way to clean windows than the following:—Place a tablespoonful of LUX in a basin of boiling water, and when it has been thoroughly dissolved pour the mixture into a bucket and add warm water until the bucket is half full. Then rub the window panes over with an old newspaper so as to take off rain spots, dust, and particles of dirt adhering to the glass. Wash each pane thoroughly with the warm water and a cloth, and the corners should have particular attention. Always start with the top panes, and work downwards. Warm water in which LUX has been dissolved will effectually remove grease and dirt from glass, which, after washing, should be thoroughly dried and polished with chamois leather. In cleaning windows every care and precaution should be exercised, as accidents often happen even to experienced cleaners. Whenever possible clean windows from the inside.

Greasy Dishes.

The washing of greasy plates, cups and saucers, and table utensils generally, is not a pleasant task, particularly with hard water. To thoroughly wash greasy china, earthenware, etc., proceed in this way:—Fill a vessel half-full of boiling water and dissolve therein one tablespoonful of LUX to make a rich lather. When properly dissolved add enough cold water until the vessel is three parts

Into this place the articles to be cleansed, and, after well washing each with a dish-cloth, dry thoroughly with a clean towel. Unless warm water and LUX is used as directed, dishes cannot be properly cleansed.

Papier-Maché. To clean papier-maché articles apply to surface lukewarm water and SWAN WHITE FLOATING SOAP. Wash off the suds and wipe dry; then sprinkle with flour. Allow this to stay on for a short while, then rub off with a dry rag, and finally polish with a silk handkerchief. Heat marks on papier-maché trays should be treated with an application of sweet oil and spirits of wine, but it should be understood that this remedy is not infallible if the marks are very bad.

A FEW MEMS. FOR THE HOUSEWIFE.

1. Do not be untidy.
2. Do not harbour rubbish.
3. Keep everything in its place.
4. Clear as you go.
5. Never do indoors what is better done out.
6. Do not keep dirty water about.
7. Never put anything away dirty, but wash with SUNLIGHT SOAP.
8. Keep swarms of flies away, and keep beetles and other vermin down with LIFEBUOY ROYAL DISINFECTANT SOAP.
9. Use SWAN WHITE FLOATING SOAP for articles of *vertu*, bric-à-brac, dainty china, and silver ware.
10. Use BROOKE'S MONKEY BRAND SOAP, for cleaning tin ware, copper, brass, iron ware, steels, cutlery, etc. It is cheap and effective, and is a great saving in time and labour.

SCIENTIFIC EXPERT'S OPINION OF LIFEBUOY ROYAL DISINFECTANT SOAP.

DR. KARL ENOCH, of the CHEMISCH-HYGIENISCHES INSTITUT, HAMBURG, gives the following report on LIFEBUOY ROYAL DISINFECTANT SOAP—

"The examination of the sample of LIFEBUOY ROYAL DISINFECTANT "SOAP furnished to me by the Hamburg Agents of Messrs. Lever Brothers "Limited, of Port Sunlight, England, gives the following results as to its "action as a disinfectant.

"Solutions of one, two, and five per cent. of LIFEBUOY ROYAL DISIN- "FECTANT SOAP in water were made. These solutions were brought to "bear on a variety of clean cultivated germs or microbes (*Bacillus*), in each "case a certain exact time being allowed for the operation; and thus the "capacity of this soap for destroying the various live and growing germs was "proved. To carry out this the following species of germs or microbes, "amongst others, were used:—

"1. Typhoid Microbe. 2. Cholera Microbe, taken from Hamburg water. "3. Diphtheria Microbe. 4. Carbuncle or Boil Microbe.

The results were as follows:—

"1. The obstinate Typhoid Microbes, with the five per cent. solution, were "dead within two hours.

"2. The operation of this soap on the Cholera Microbes was very remarkable, "and showed this soap to be in the highest degree a disinfectant. These were "taken from Hamburg water, and showed a result as follows:—

"With the two per cent. mixture, Cholera Microbes were dead within "fifteen minutes.

"With the five per cent., same were dead within five minutes.

"3. The Diphtheria Microbes were killed after two hours with the five per "cent. solution.

"4. The five per cent. solution was tried on fresh Carbuncle germs, and the "result showed that the Microbe life was entirely extinct after four hours.

"From the foregoing it will be seen that the LIFEBUOY ROYAL DISIN- "FECTANT SOAP is a powerful disinfectant and exterminator of the "various germs and microbes of disease, the principal item being the effect "of the operations in the case of Cholera.

"(*Signed*) KARL ENOCH,

"Chemisch-Hygienisches Institut, Hamburg."

LUX In Sixteen Phrases.

Purifying and Refreshing.

1.—LUX is made of the purest materials procurable.
2.—LUX is made of the highest quality materials.
3.—LUX possesses the greatest cleansing properties in the least compass.
4.—LUX *is harmless* to the most sensitive skin.
5.—LUX soothes sensitive skins.
6.—LUX quickly softens hard water.
7.—LUX produces a rich lathery solution in half the time required with ordinary soap.
8.—LUX is invaluable for washing glass ware, electro-plated goods, and silver.
9.—LUX added to the bath makes a welcome and a beneficial luxury.
10.—LUX used daily in the wash-basin keeps the skin in good condition.
11.—LUX is excellent for shampoos.
12.—LUX makes a delightful hairwash.
13.—LUX revives the colour of art muslins and cretonnes.
14.—LUX keeps woollens and flannels beautifully soft in texture.
15.—LUX in solution is an economical laundry liquor.
16.—LUX lightens labour.

LEVER BROTHERS LIMITED,

Soapmakers to the Queen. Port Sunlight, Cheshire.

PART II.

Domestic Economy.

1. HOMELY NOTES ON ECONOMY
2. HOW TO LIVE ON 20/- A WEEK.
3. FOOD: ITS VALUE.
4. MARKETING.
5. CARE OF THE LARDER.
6. A WELL-EQUIPPED KITCHEN.
7. ART OF COOKERY.
8. COOK'S TIME TABLES.
9. COOK'S CALENDAR.

What is Economy?

Originally it meant the laws which govern the household: Hence the management of the concerns of a household, especially in money matters: from which latter meaning we get the modern acceptation of the words "the frugal and judicious use of money." But there is no better way in which the true meaning and force of the word ECONOMY can be explained and illustrated than by this twin tablet of Soap.

Sunlight Soap means

ECONOMY OF TIME!
ECONOMY OF LABOUR!
ECONOMY OF LINEN!

I

Domestic Economy.

Homely Notes on Economy in the Home.

"Economy is half the battle of life; it is not so hard to earn money as to spend it well."—Spurgeon.

Economy—True and False.

There are many housewives who mistake meanness and parsimony for economy, and who will not trouble themselves to develop the true instinct of thrift and prudence which is productive of health, wealth, and happiness in the domestic circle. It should be the duty of every wage-earner's wife to so arrange her income that, after deducting all necessary payments, there should be a small amount regularly laid by in case of unexpected needs. The secret lies in keeping the *wants* well under control, and in planning out carefully the shopping balance. The value of each halfpenny should be thought out, and it should then be spent to the best advantage in the best markets. This would always be an easy thing to do if housewives would remember that the workman's wages are the hiring price of his strength, his blood, and his nervous force. When shopping, it is a good plan to make out a list of actual requirements, taking only sufficient money to pay for them—to buy only those things which can be paid for—and to avoid purchasing "bargains" for which there is no present use. In buying clothing, the chief care should be

for the health and comfort of the body, while in the choice of food, those kinds which supply the largest amount of nutriment should be selected.

Good Cooking. It is a wonderful provision of Nature that there are so many foods which contain the same properties, therefore everyone who is industrious and sober can afford to purchase one kind, if they cannot another. It is a fact that the cheapest foods are also the most nourishing, but a great deal depends on the cooking and preparation. The poorer classes are too fond of frying and baking, and they boil things fast over a fierce fire instead of stewing with a small fire. Stewing is the most economical kind of cooking. By this means the flavour and nutriment of foods are retained, and the meat is made tender and digestible. The slower the stewing is done, the nicer the meat will be; the lid of the vessel used should not be moved, and the vessel should be shaken instead of the meat being stirred. Only just covered with water, it should be kept at boiling point without being allowed to boil. Cooked in this way, rough cheap pieces of meat become as nice and nourishing as the best joints. They are bad managers who object to stewing and broiling because these operations require more time and care.

When meat is not procurable, many wholesome meals can be prepared with milk and vegetables, while such things as lentils, barley, oatmeal, macaroni, and rice are within reach of the very poorest. A good economiser with 5/- can prepare as many satisfying meals as a bad manager with £5. With a little forethought, patience, and skill, all scraps and odds and ends of food can be used up and made to yield every particle of goodness, but the smallest details of

housekeeping must be strictly attended to and nothing allowed to spoil or go bad. Every woman is capable of doing this if she will only be resolute and determined to adapt herself to her circumstances. It should be her chief business to provide sound, nourishing, and enjoyable food, not only because it is requisite to good health, but because it promotes home happiness.

French women are, it is claimed, the best cooks, for they can make a tasty dish out of such things as we frequently throw away. They make the most of everything in the way of food that comes to hand, and, more than this, they study to present what they have cooked in the most palatable form.

Nourishing Food.

In this country too much attention is given to the palate, and too many pence are spent on spicy, unwholesome mysteries, such as sausages, etc., which only create an appetite for alcoholic drinks. Working-class people might have better homes and nicer food if they drank less intoxicants, and cleared their minds of the prejudice against milk and soup.

Without doubt milk is the most valuable liquid food, and when made hot it is a stimulating and nourishing substitute for any other kind of food, either liquid or solid; but it should always be cooked, and taken in sips. People with weak digestions should beat it with a fork or shake it up in a bottle before drinking it, as this plan assists the stomach in its efforts to assimilate. A pinch of salt added to a cup of milk makes it more digestible. The reason for cooking milk is plain when the fact is understood that it is quickly contaminated by impurities, and nothing short of boiling heat will destroy the germs of disease it may have collected on its journey from the cow to the consumer. It is also

important to remember that cows are liable to consumption (tuberculosis), and the milk from such a cow if drunk unboiled may convey the disease to the drinker, and especially to children who are more susceptible to disease than adults. It is now an undisputed scientific fact that one pint of new milk contains more nourishment than one hundred and eighty pints of good beer or stout. Skim milk (which is sold cheap at many dairies) is just as good as new milk for cooking purposes if a little butter or pure dripping is added to make up for the loss of cream, the cream being only the fat of milk removed. Nothing can supply the place of milk as an article of diet, but cocoas, especially the thin kinds, when prepared with milk, make a really valuable food. Tea and coffee are simply stimulants, and should be taken in moderation *with* a good meal, but never *instead* of one.

Care and Prudence.

The most economical kinds of food to buy are those that contain the most nourishing qualities, and by a wise provision of Nature these kinds are also the cheapest. In the practice of economy the good manager will take into consideration that other departments of housekeeping demand the utmost care and prudence. For instance, apart from food or drink, there are many other things required in a household, and the housewife should purchase only those articles which lessen labour and yet produce satisfactory results, for by so doing she is conserving her own strength, thereby preserving her health and adding to the family comfort.

"Waste not, Want not."

There are so many ways in which pence may be saved that suggestions are often presenting themselves to the woman who is constantly occupied in providing for

the comforts of a household and who has made up her mind to make the most of everything that comes to hand. In cooking, it should always be remembered that a small fire frequently answers the same purpose as a large one. It is a wasteful notion to make up a large fire when it is not required, and to boil food when it should be gently stewed by the side of a small fire. There are also ways and means of economising in firing, such as sifting ashes and then mixing the cinders with coal dust and all kinds of household refuse, and this plan is recommended not alone from an economical but from a sanitary point of view.

Clothing and Health.

It is a part of domestic economy to take care of wearing apparel and upholstery. In the case of clothes, they should never be allowed to lie about or hang up exposed to dust. People who cannot afford to buy a wardrobe may easily make one by fixing up a shelf in a recess and draping it with cretonne. Clothes hung inside are nicely protected. Careful brushing is necessary before packing garments away, as dust eats its way through the material and helps to wear it out; and the least dampness will cause mildew.

What is the most suitable apparel for health and comfort? The intelligent study of this point is generally the safest guide to true economy in clothing. Woollen material has been amply proved to be the healthiest to wear next the skin both in summer and winter on account of it being a non-conductor of heat. It also allows free vent for perspiration, and consequently the wearer does not feel chill and damp to the surface of the body as is the case with those wearing calico. It is plain, therefore, that it is more

economical to purchase flannel, although the first cost is greater, as the difference will be more than balanced by the gain in health. As far as possible let all materials for clothes be of good quality; they are always cheaper in the end, and do not soon look shabby as do most cheap stuffs. Much economy can be practiced in the "making up" of articles of dress, for with the help of the splendid patterns which can be obtained nowadays almost for the asking, nearly everything — frocks and dresses included—can be well made at home, and so save the dressmaker's bill.

Good dress materials will often turn and make up on the reverse side as good as new; and if well and neatly done even your intimate friends will not know them—though, indeed, to make the best of a good article is something to be proud rather than ashamed of.

Mending and Washing.

Mending must also claim a share of attention. A thin place is often easier to mend than a hole, but the smallest hole must never be passed over, for "want of stitches is often want of riches." Nothing should

be allowed to get very dirty before being washed. All house-linen as well as body-linen should be mended before it is washed; and if the washing is done with SUNLIGHT SOAP, plenty of water and no soda, everything will be found to last longer and look whiter. Large articles, like blankets, which cannot be washed often may be purified by being well shaken out of doors and hung on a line in the sunshine for an hour or two. All stains on linen should be removed at once without waiting for the washing day.

The Household Doctor.

There is yet another point in the study of home economy which no one can afford to pass over; it is indeed of greater importance even than carefulness in cooking and care of clothing—economy of health and strength. Everything that lessens labour saves strength, and everything that purifies and disinfects preserves the health. Hence it should be the study of every housewife to do her washing and cleaning with those materials which render her the most assistance in her work, and which by their use are known to preserve health and prevent sickness. But when sickness does come, as it does sometimes to the most cautious and cleanly, to be forewarned is to be forearmed. Therefore, she who would perfect herself in every branch of domestic economy must study the symptoms of ailments so as to be able to administer simple remedies to herself and family, for there are so many little illnesses which, if neglected, lead to serious complications that "prevention is better than cure." Moreover, it is the duty of everyone who has work to do to preserve and maintain good health. Perhaps no one has so much need of health and cheerfulness as the

wives of working men, and yet no one pays less attention to the laws of health than some of this class. There is scarcely any sickness or suffering which could not have been prevented, for no one can break the laws of health without injury to themselves and discomfort to others, and those who neglect to ventilate their houses and disinfect their drains have much to answer for. Many doctor's bills would have been saved if wives and mothers would only study the simple laws of health—the preparation and selection of wholesome food and the easiest way of doing their household work.

... Children," written by a Diplomée of
... ALMANAC for 1899.

II.

How We Live on 20s. a Week.

"Example is better than precept," and the *actual* experience of a housewife, who has to keep house on anything but a lordly income, will carry more weight and be more convincing than mere general principles. The following is the *actual* experience of a housewife who, with her husband and children, manage to get along comfortably on 20/- a week. It is given practically in her own words, and we think that, after perusing it, the reader will agree that the lady who lives so happily on so modest an income is to be complimented on the wisdom she shows in accomplishing her onerous task. She says:

The Problem. The problem which I have to solve each week is how to get the most comfortable living and the biggest surplus out of my husband's modest income of 20/-. Our family consists of a healthy boy of five years and an equally healthy girl of twenty months. Last year the family numbered three; but the other, a little girl, was attacked with broncho-pneumonia and succumbed. In the management of my husband's income I have long recognised the vital necessity of method in the expenditure of every penny. Nor does the matter end here. To buy in the best and cheapest market a

comfortable sufficiency of such comestibles as shall ensure a week of varied living is only the beginning of the end. The Spirit of Cookery must be invoked, attended by her handmaid Frugality, in order to attain perfect Economy. Nothing must be wasted. That is the pith of my motto and the object I aim at. But to come to the point.

Its Solution.

As regards rent. We (my husband and I), years ago, decided that while there were houses sufficiently large for our family to be obtained for a sum within our means, it was little short of financial suicide to pay away a quarter of our slender income for one which, after all, only served the same purpose. In other words, we arrived at the conclusion that "cutting a dash" in a big roomy 5s. a week house was not to be thought of, while we could obtain a house for 2s. 6d. per week, which would answer our purpose for some time to come almost equally as well. Of course, we could have taken a bigger house and let unfurnished apartments, or bought more furniture and taken in lodgers. But none of these alternatives commended itself to us.

The Food Question.

But the really great question is the food question. My method of solving the problem is this:—For our breakfast 1½ lbs. to 2 lbs. of bacon eked out with an occasional bloater, or bread and butter and kippers sufficient to carry us through the week. Owing to distance, my husband is unfortunately compelled to take his breakfast with him to work; this is the utmost I can do for him for that meal. For the children and myself, however, I preface the meal with some well-cooked porridge, with salt and sugar added, and a small portion of cold milk poured on each plate.

I send my husband's dinner; and here, at least, variety enters. If on Sunday we have a bit of roast beef, accompanied by the usual vegetables and followed by a bit of plum pudding, on a Monday the remainder or a portion of the beef will be made into a savoury pie, and will be accompanied by a custard, or rice, sago, or tapioca pudding, as the case may be. If I send a custard I send one without a crust on account of the crust to the pie. If any of the

meat remains for Tuesday I consign it to the stew-jar, together with sufficient groats or pearl-barley, onions, and stock to make an appetising dish. To follow this I may make a tart, a jam, marmalade, or sultana and currant rolly-poly in the winter, or a fruit pie in the summer. On Wednesday I can make up a dinner with tinned salmon and potatoes, followed by custard, or rice or other pudding.

Thursday's dinner may be pork chops, cabbage or cauliflowers, and potatoes, followed by apple pie. Friday will witness the advent of fish of some description, with potatoes, followed as usual with some little dainty. On Saturday my husband comes home to dinner, as he finishes work and is paid at one o'clock. For that day, by his own choice, he partakes of the much-despised Australian or New Zealand mutton in the shape of a couple of nice, juicy chops, and declares that he prefers them to their English equivalent. If he can get a couple of nice tomatoes cooked with them and the whole served with about ½lb. of well-mashed mealy potatoes he glows with delight like a veritable alderman at a city banquet. A little rhubarb or apple tart with almond blanc-mange to follow, places him at peace with the whole world and my humble self in particular. Thus by "ringing the changes" on my list of dainties, and by substituting a Sunday of boiled rabbit and sheep's head for one of roast beef, pork, or veal, or what not, and during the long, long weeks a dinner now and again, of liver and bacon, with onions and potatoes, or savoury Irish stew, or fragrant broth or soup, the bill of fare is never the same two weeks together for dinner.

But tea does not offer such illimitable possibilities. It is tea pure and simple. The only thing I am able to do to relieve its terrible monotony is to have a pair of nicely cooked kippers, or two nice eggs, or a bit of my best jam, or some sultana, or celery or watercress for my husband to help down the bread and butter. He appreciates these little attentions. All *sensible* men do, and his praises repay me for that which, after all, it is only my duty to do, but which, somehow, confers on me a peculiar pleasure.

How the Sovereign is Expended.

As to how the money goes, I give the following table of expenditure as a sample of what it costs us to live in the hungry winter weather when more light, more fire, food, and clothing is required than in the summer months.

	s.	d.
Rent	2	6
3 cwts. Coal at 6d. per cwt.	1	6
2 qts. Lamp Oil	0	4
Candles	0	1
Sunlight Soap	0	5
1¼ pecks Flour at 1/8 per peck	2	1
¼lb Yeast.	0	2½
For Baking 5 Loaves and a Cake	0	2½
3 lbs. Crystal Sugar at 1¾d. per lb.	0	5¼
½lb. 1/- Tea	0	6
Coffee and Cocoa	0	6
Vegetables of all sorts	1	6
Bloaters and Kippers	0	6
2 lbs. Bacon at 6d. per lb.	1	0
½lb. Butter at 1/2 per lb.	0	7
½lb. Margarine at 8d. per lb.	0	4
¾lb. Cheese at 6d. per lb.	0	4½
½lb. Rice	0	1
2lbs. Oatmeal	0	6
1lb. Sultanas	0	4
½lb. Suet	0	4
3lbs. Beef (lasted Sunday, Monday, and Tuesday)	1	6
Meat and Fish during week	1	0
Weekly Investment in Sunday School Clothing Club	0	6
	17	3¾

HUSBAND'S EXPENSES.

Sick Club	0	6
Papers and Periodicals	0	6
Total with above	18	3¾
Surplus left for Sundries	1	8¼
	£1	0 0

In the summer, the surplus is frequently 3/- or 4/-. Some of this I use to buy fruit for jam-making. I generally make enough to last through the winter months. Fortunately for me my husband is a non-smoker, and cares little for beer. Hence there is neither trouble nor expense for me as regards these matters. As he usually puts aside all overtime money towards our yearly outing, and one way and another I contrive to save enough to keep us all in clothing, and to make good the wear and tear in the house, we have little to grumble at so long as nothing unlooked-for occurs. And if nothing worth owning is saved for the proverbial "rainy day," at least nothing is wasted in our home, not even a crust or a bit of bacon rind.

III.

Food: Its Nutritive Value.

We all know the old fable of the quarrel that arose between the several members of the body and the stomach; and we all know, too, how it was conclusively proved that not only was the stomach dependent on the members, but the members on the stomach. But that is as far as the knowledge of a great many of us extends. We do not realize to its full extent—nay, we realize to a very limited extent—the important part the stomach plays in the human economy; what an influence it exerts not only on the other members, but on the mind; and how easily it may be disarranged through improper diet. There is a diet suitable to the various seasons; and there is a diet suitable to the constitution, peculiarities, age, and condition of the person for whom it is intended. Writing on this subject, Sir Henry Thompson says: "It is impossible not to remark the want of intelligent thought bestowed by people generally on the subject of food, although it is one of which it is scarcely possible to over-estimate the importance. Each person adopts and conforms to an almost uniform dietary without thought as to its fitness for him or her." Housekeepers often pay little or no attention to the value of food, or to its seasonableness, or to its suitability for those it is intended for. They often simply consult their cookery books and select what strikes them as likely to prove an appetising dish; or else they prepare the same old dishes at the same

The relation of food to work represented so graphically in Table II. is worth a little attention. The housekeeper who consults this table will be able to see at a glance how much of heat or energy or strength she needs to buy in the shape of meat, vegetables, or flour. Food value is the best economic principle which should guide the housekeeper in the purchase of food. The truest economy in food means not only getting a good return for one's money, but also an adequate return in nerve, in strength, and in brain power; and moreover it means purchasing the least quantity of waste or watery matter.

The value of foods and beverages should, therefore, be known by every housewife who is desirous of economising. There is a great deal of truth in the adage, "Wilful waste makes woful want," and no woman who has the welfare of the home at heart will encourage or countenance extravagance or waste in the purchase or cooking of food. The following notes on the value of certain foods and beverages will not be out of place here:—

Water is the only natural and perfect beverage for quenching the thirst. It carries off the impurities of the body better than anything else, and its more plentiful use would prevent many minor ills from which humanity suffers. Other beverages do not do so well as water, for the reason that they have not the same power of dissolving solids.

Milk is a perfect *food*, not a beverage merely. It is far more nourishing than beef tea, when warmed, notwithstanding the popular delusion that beef tea is very strengthening, which it is *not*. A very little milk is more nutritive than four times the quantity of beef tea.

Cocoa and Chocolate made with milk should not take the place of beverages; they are nothing more than rich heavy foods, and should be regarded as such. When well-made, however, a cup of cocoa or chocolate is appetising.

Bread to be truly nutritious should be home-made of coarsely-ground wheat, which retains all the strengthening properties of the grain. Such bread is specially suitable for children, as it provides a sweet crusted loaf. If bread is bought from a baker it is wise to rasp the outside on a coarse grater before use, as the bread has had to pass through several hands before it reaches its destination.

Oatmeal, the old-fashioned Scotch, freshly-ground and well boiled, contains more strengthening qualities than the patent flaked foods now so much used. These latter are perhaps more palatable, but oftener than not the nutriment is sacrificed to the flavour.

A. B. C. OF WHOLESOME FOODS, WITH THEIR MEDICINAL AND OTHER VIRTUES.

Asparagus purges the blood.

Arrowroot strengthens the weakened constitution.

Beets are good appetisers.

Beans, a cheap, wholesome, strength-imparting food.

Celery helps to cure neuralgia and rheumatism.

Cucumbers, in moderation, cool the system.

Dandelion, used as greens, is good for the kidneys.

Dates cure constipation.

Eggs are almost a perfect food.

Fat is full of sustaining properties; if it can be digested it is valuable for consumptives, and helps to cure constipation.

Fish of every description is a good brain food.

Garlic stimulates circulation and aids digestion.

Glycerine, though not recognised as a food, may be taken in tea or coffee instead of sugar; is useful in diabetes and dyspepsia. It is nutritious, and acts with efficiency in a large number of ailments. LEVER'S TREBLE DISTILLED GLYCERINE is recommended as the acme of purity.

Haricot Beans are nourishing, and good force makers.

Jellies, desirable delicacies, but not very nutritive. Calf's foot jelly and others of a similar kind are excellent for weak stomachs, being food in a *pre*-digested form.

Kale is good for constipated persons.

Lettuce cools the system and aids the complexion.

Lentils, in soups, stews, or porridge, are highly nutritious.

Margarine, a useful addition to our fatty foods.

Nuts are *not* very digestible.

Oranges aid digestion, cleanse the blood, and improve the complexion.

Onions, good for persons troubled with insomnia.

Peas, a cheap, wholesome and nutrient food

Porridge, from oatmeal, the best breakfast dish.

Quinine, an excellent tonic for a weak stomach.

Rice is full of sustaining properties.

Spinach has a wholesome effect on the kidneys.

Tomatoes are suitable for a sluggish liver.

Turnips are good appetisers.

Unfermented Bread, good for such as suffer from indigestion.

Vegetable Foods are a necessity, If the medicinal properties of vegetables were better known, there would be fewer doctors' bills.

Wheaten Bread is bread in its most wholesome form.

Xtravagant and **Xtraordinary** dishes are to be avoided; simple fare, with plenty of fruit and vegetables. is what the constitution demands.

Zest to the appetite is imparted by sauces. Choose those made by manufacturers of repute; they have a wholesome effect on the digestive organs.

The *brain* or *nerve* value of foods referred to on page 129 is a matter which has attracted the attention of more than one food specialist.

Dr. Sophie Lepper, as a result of her investigations, gives it as her opinion that:—

Blanched Almonds give the higher nerve or brain muscle food: no waste.

Walnuts give nerve or brain food, muscle heat and waste.

Green Water Grapes are blood purifying (but of little food value); reject pips and skins.

Blue Grapes are feeding and purifying, but too rich for such as suffer from liver complaint.

Tomatoes, higher nerve or brain food, no heat; they are thinning and stimulating.

Apples supply the higher nerve and muscle food, but do not give stay.

Prunes afford the highest nerve or brain food, supply heat and waste, but are not muscle feeding, nor good for those who have liver complaint.

Oranges are refreshing and feeding, but not good if the liver is out of order.

Green Figs are excellent food.

Dried Figs contain nerve and muscle food, heat and waste, but are bad for the liver.

Lemons and Tomatoes should be used daily in hot weather, they have a thinning and cooling effect.

A BIG BAR

Is not

A BIG BARGAIN

in soap, unless everything else be equal. With ordinary laundry soap, quality of soap is oftener than not sacrificed to size of bar or tablet. People like to get a big lump for their money. Quite right, too, if the soap be good. But there's the rub. And there are more rubs than one in low-priced adulterated soap. The clothes with such soap are rubbed to shreds before their time. Increase of weight or volume in soap means generally decrease in purity and quality. What is the use of a big lump of water-laden soap full of pestilent ingredients: it "won't wash." What is wanted is something that will wash—swiftly, sweetly, silently,

Without Effort, Without Trouble, Without Worry,

a soap which will not harm the tenderest skin or the frailest fabric. These qualities will be found in the highest degree in

Sunlight Soap,

which for all cleansing and washing purposes will be found

THE BEST BARGAIN.

IV.

Marketing.

The Choice of Provisions.

One of the uncommendable habits the young housewife is liable to fall into is that of ordering what she wants from the tradespeople or their assistants when they call soliciting orders, without in the first place seeing what she is buying. It is a most unwise practice to get into. Not because tradespeople are apt to be unscrupulous and take advantage of the unwary. By no means. As a matter of fact, the best tradespeople conduct their business on

principles of strict integrity and are only too anxious to secure their customers' approval.

Facts Worth Remembering

But it should be remembered that a tradesman cannot supervise every branch of his business himself nor attend to every order, and his assistants cannot be supposed to always have the same interest in the business as he himself has. The consequence is that the young housewife who orders her goods without first seeing what she is going to have for her money runs the great risk of getting not what is bad (for no business concern could afford to supply bad material), but what is of indifferent quality. On the other hand, if an occasional visit is paid to the grocer, butcher or fishmonger, as the case may be, and the customer shows an intelligent knowledge of the good or bad qualities of the article, and can discriminate between the superior and the inferior article, the tradesman will find it to his interest to offer and to supply that customer with only what is best, and the customer may rely on getting it.

Just consider for a moment what the difference between the *best* and provisions of *indifferent* quality means. It means first of all that if you are supplied with provisions of *indifferent* quality when you have paid the price of the *best*, you are the loser in a monetary sense. Secondly, the cooking of food of indifferent quality needs far more care and trouble and time to make it palatable. Thirdly, the food value is considerably lower. It is as plain as daylight, therefore, that the best is the most economical in food as in everything else, and to be able to choose the best the housewife should learn to distinguish between what is good and what is indifferent, and to inspect what she is buying.

How to Choose Meat.

Bullock Beef.—Good bullock beef has an open grain. The lean is smooth, juicy, and of a deep red in colour; whilst the fat is of a rich creamy colour. Full-fleshed, small-boned, and firm without being hard are the general characteristics of good beef. In choosing meat avoid that with hard and skinny fat and dark red lean. It is generally from an old animal. Good beef when pressed with the finger should rise quickly. When the dent made by the finger fills slowly or remains, the meat is inferior. Best joints have the lean well mottled, and interlarded with fat.

Nutritive Value of Meats

The nutritive value of meats, especially of beef, is said by a good authority, to be in inverse proportion to its market value. The higher-priced pieces such as steak or roast do not contain the strengthening properties of the cheaper cuts. In fact the best stews are made of the latter; stewing by the way, being the one way of cooking which retains in its highest degree the nutritive value of the meat.

Cow Beef is not so nutritive as bullock beef, nor is the red colour of its lean so deep.

Mutton should be of rich red colour, close-grained, and juicy, the fat being firm and white. Mutton is at its prime at five years old, and the nearer the animal is to that age the more prime it will be. Young mutton should be tender to the touch. If old, it will remain wrinkled on pressure, and the fat will be fibrous.

Lamb.—The neck vein should be of an azure hue to denote sweetness. The bone should be thin and small, the flesh of a light red and juicy, and the fat rich and white.

Venison.—Pass a knife along the bones of the haunches and shoulders; if it smells sweet the venison is good and wholesome.

Veal.—The lean should be whitish and juicy, the fat firm, white, and rich. It is easy to tell stale veal from the moist clammy "feel" of the flesh, the flabby joints and the faint musty smell. Veal is in season in spring and summer. The whiter the veal the better is the quality. The fat should be plentiful and very white.

Pork.—The fat should be of good white, and without kernels; the lean should have a grain of fine texture. If young the bone is easily broken.

Ham or **Bacon.**—Pass a knife along the bone of a ham; if it comes out clean and smells sweetly, the ham is good; if dull or smeared the ham is poor and reasty. Good bacon has a good red in the lean; the fat is firm and white, and the rind thin.

Tongue.—In choosing a tongue, select a smooth skin, which denotes that it is young and tender.

How to Choose Fowl. The fowl is young if its feet and neck are smooth and soft, if its wings and breast bone are soft and gelatinous, if its eyes are bright, and if its feet bend easily. The fowl is fresh if it smells sweet, if its feet are sappy, and if its eyes are not sunken. The fowl is in good condition if its flesh is firm and has not commenced to turn blue.

How to Choose Fish. The body of fish should be stiff and the gills red. If not, it may be concluded that the fish is not fresh.

How to Choose Game.

The general conditions of good, wholesome game are much similar to those which distinguish healthy fowl. Softness, sappiness, and smoothness in wings and legs mark the young pheasant. A young partridge is recognised if the long wing feathers are pointed. The breast of all birds should be firm and thick. Young hares and rabbits have smooth and sharp claws; the cleft in the upper lips is narrow, whilst the ears are pliable and tear easily. Game of various kinds, if young, have tender feet and sharp claws.

fat, beef dripping, and salt butter, and even margarine are all good mediums for frying purposes. The best way to tell whether the fat is hot enough is to place in it a piece of bread for about half a minute. If the bread is rendered nicely crisp and brown, the fat is ready for the reception of the meat or other food to be fried. Food to be fried should be quite dry before putting into the fat. Fish should not only be dried but should be covered with egg and bread crumbs, and then sprinkled with flour. Sole, rissoles, and potatoes to be perfectly fried should be practically drowned in the heated fat. Before serving food that has been cooked in fat, the cook should see that every particle of fat has been drained away in front of the fire as nothing is more unpalatable and indigestible than grease in food.

What Every Cook Should Know.

1.—That a crust, toasted nearly black and put into water in which cabbage is boiling, will prevent the smell of "cabbage water."

2.—That *soot* is a non-conductor of heat, and that if kettles and pots are coated with it a much bigger fire will be needed to boil their contents.

3.—That fuel is greatly wasted by allowing flues to remain unswept; the coating of soot keeps the heat from getting to the boiler, oven, etc.

4.—That fur in kettles, etc., is a *non-conductor*, and necessitates a bigger fire under the utensil.

5.—That simmering and stewing can be done on a fire fed with *dried potato parings* and cinders.

V.

A Well-Equipped Kitchen.

There is no reason why the kitchen should not be as bright as any other portion of the house; and there is every reason why it should be well equipped with the necessary cooking utensils, and kept as clean as a new pin and as sweet as a nut. It is a pleasure to see a housewife take a pride in her kitchen, and endeavour as far as she can to make it look as pretty as possible. There is after all, nothing very difficult in making the kitchen look tidy and attractive. With its dresser covered with faultless cloth of snowy-white, its shining pots nicely arranged on the shelves, its glittering brass pans, its polished grate and its brilliant fender and fire-irons—such a kitchen is a delight to the eye, and a pleasurable place to cook in. On no account should dirty pots be allowed to accumulate.

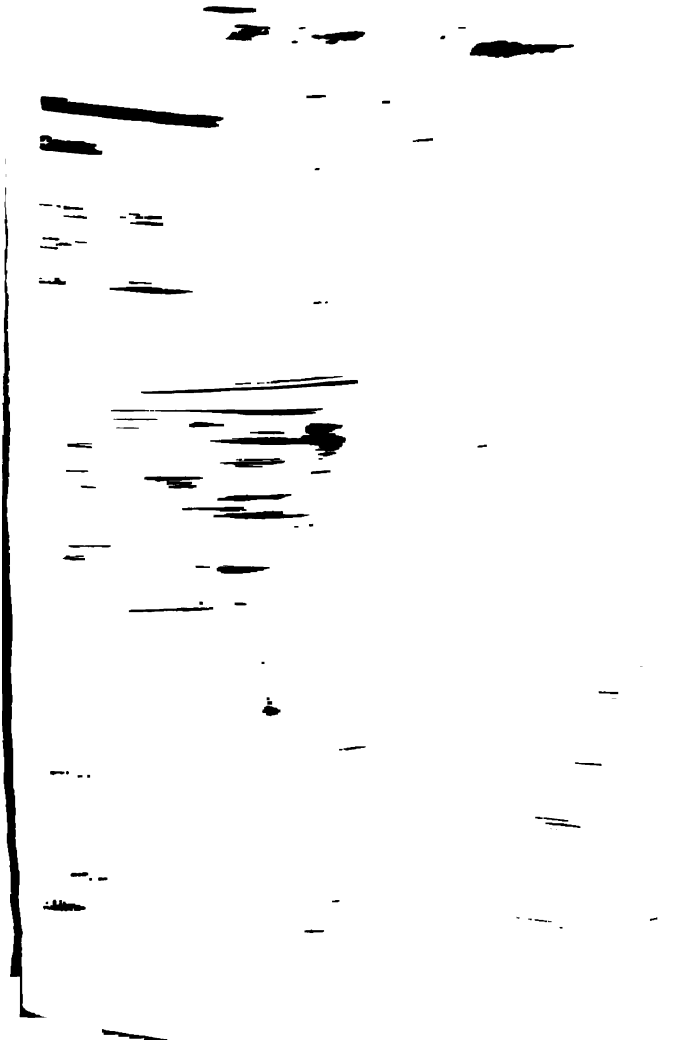
The Furniture of a Kitchen

This makes all the difference between a careless housewife who is slipshod in her work, and a housewife who is tidy and orderly in her methods. "Show me her kitchen, and I will tell you what sort of cook she is," is a new reading of an old saw: but it is a new reading that contains a large modicum of truth. Kitchen furniture should be plain and substantial, and good of its kind. A large, firm, deal-topped table, with varnished

legs, is the chief item of furniture. The deal top should be kept white and unstained by a plentiful application of SUNLIGHT SOAP and water. The next most useful item is the kitchen dresser. The chairs should be of strong wood, stained, and varnished. A good clock is an absolute necessity in a kitchen. All the preceding articles, with perhaps a linen chest and a combination step-ladder and chair, should be found in every kitchen.

Cooking Utensils

are required for the various methods of cooking, *i.e.*, for roasting, boiling, stewing, steaming, baking, toasting, grilling and frying. The following is a list of utensils suitable for a kitchen of medium size:—Three saucepans of various sizes, one saucepan fitted with steamer, one small saucepan (lined) for milk, one small saucepan (tin) for boiling eggs, one stewpan, one large frying pan, one small (lined) frying pan for omelettes, one stock pot, one gridiron, one fish kettle, one iron kettle, one small tin kettle, one colander, one gravy strainer, one tin funnel, one coffee pot, one meat chopper, one fish slice, one flour dredger, one pepper box, one salt box, one toasting fork, one rolling pin, one set of skewers, one bread grater, three iron spoons, one wooden spoon, two cake tins, two moulds, three pudding basins, two baking tins, three pie dishes, one mincing knife, one paste board, one flat baking tin, twelve tart tins, one small vegetable knife, one chopping board, one knife board, one knife box and knife sharpener, one flour tub, tea and coffee canisters, pail, scrubbing brush, house flannel, blacking brushes, black lead brushes, carpet broom, soft broom, bannister brush, dust pan, dish tub or pan, coal hammer, cinder sifter, scuttle, tin opener, wire cover, and a few cups and dishes for common use.



As in every other art, cooking requires persistent and patient study, if one would excel in it. Cleanliness is, of course, a prime essential; tidiness too, cannot be neglected. "A place for everything, and everything in its place" is the homely if hackneyed maxim which cannot be too often repeated. Again, a good cook is an economical one; she can turn odds and ends to good account, whilst breadcrumbs, scraps of meat, and other neglected trifles will always be useful to her in the preparation of many delectable dishes.

Methods of Cooking. Of the various methods of cooking—viz., baking, broiling, boiling, frying, grilling, roasting, stewing, simmering and toasting—the four most generally adopted are boiling and stewing, baking and roasting; and, of these four again, the most economical is stewing or boiling. The following table gives the loss that occurs with these methods in the cooking of mutton: it will be sufficient to demonstrate the superiority of stewing.

	Loss in Boiling and Stewing.	Loss in Baking.	Loss in Roasting.
Legs of Mutton.....	20%	32%	33%
Shoulders of Mutton	24%	32%	34%
Loins of Mutton	30%	33%	36%
Necks of Mutton	25%	32%	34%

Baking.—Unless great care is taken, the flavour of most meats is not quite so piquant when baked in the oven as when roasted before the fire, hence baking does not always enjoy such popularity as its economy and convenience entitle it to. There is no reason, however, why baked meats should not be deliciously flavoured if proper attention is paid to the cleanliness and the temperature of the oven as well as to the basting. One thing to be remembered by the young cook, is never to cook in the oven foods of delicate flavour

at the same time that strongly-flavoured meats are being cooked, as the result is disastrous to the first-named. Another useful hint to remember is that a jug of water will absorb all impurities if put in the oven whilst the cooking is in process.

Foods suitable for baking are :—

Meats.—Shoulder of mutton, leg or loin of pork, sucking pig, ham, and fat meats.

Fowl.—Goose and duck.

Fish.—Gurnet, herrings, haddocks, mackerel, and minnow.

Bread.—Pies, cakes, tarts, etc.

Boiling.—The three most essential points to remember in boiling meats, are :—That the water must come *slowly* to boil; must be carefully *skimmed*; must be allowed to *simmer* only after boiling. The longer time taken in boiling meats, the better will be the flavour. With regard to keeping the surface of the water, in which meat is boiling, clear of the scum, it should be mentioned that if this is not done the appearance of the joint will be quite spoilt. Meat should be boiled in a vessel large enough to hold it comfortably, so that it may have enough water; if this is not the case, the meat will be

hard and of poor colour. The time required for boiling meat is as follows :—Beef, mutton and, lamb, 15 minutes to the pound, with fifteen minutes added to the entire time. Thus, if the weight be three lbs., the time required would be three times fifteen=forty-five, plus fifteen minutes= sixty minutes or one hour. Pork and veal require twenty minutes to the pound, and twenty minutes added to the entire time. Meat freshly killed takes longer than stale meat, and old longer than young. Never throw away the liquor in which fowl, joint, or turbot has been boiled, but use it as stock for soups.

Stewing is the most economical of all methods of cooking. There is no necessity to keep up a hot fire such as is required for roasting, About one fourth of the fire needed for roasting will be amply sufficient for stewing and simmering purposes, as the temperature necessary is much below that of boiling water, 165° being the stewing point. In stewing, all the nutriment of the meat is preserved ; it can be done on the tiniest scrap of fire ; time is saved, since stews need no attention beyond an occasional shake. Tough meat, fowl, scraps of meat, etc., can be converted into savoury dishes by long slow stewing. All these advantages go to prove that stewing is, without a doubt, the cheapest method of cooking. Stewed meat is often spoiled through carelessness in allowing the temperature to get too near the boiling point of water, the result frequently being hard and tasteless dishes. If vegetables are to be used in the stew, they should be boiled first, and the liquor used for the stew. Use as little water as possible, as, during the long process of stewing, so much of the meat juices go to add to the gravy. Stewing meat means in the kitchen what SUNLIGHT SOAP means in the laundry. Less labour ! Greater comfort ! Economy !

Roasting is certainly the favourite mode of cooking in this country, but it is the most wasteful process of cooking, as this mode necessitates considerably more fuel, not to speak of the loss in the meat itself. At the same time, however, roasted meat is far superior in flavour, and more digestible than meat cooked in the oven. The aim of the cook in roasting a joint should be to retain the juice in the meat. This can be done by coagulating or hardening the albumen of the surface by first of all subjecting the joint to a very hot fire, afterwards withdrawing it a little, sufficiently to allow it to be thoroughly cooked without being burnt. The meat will only be kept juicy and sweet if it is basted thoroughly with proper care and attention.

Frying is of all methods the quickest, for this reason, that the fat can be quickly heated to a high temperature, and the food in contact with it is more rapidly cooked. The best medium for frying is olive oil, and lard is the worst; mutto

Thus, if a joint of ribs of beef weighing 8-lbs. takes 2 hours to roast, and one of 10, 2½ hours, the time allowed will be found 15 minutes to the lb. between those weights, therefore a joint of 9-lbs. should take 2¼ hours if cooked in the same manner.

BEEF.

Joint	How Cooked.	Weight.	Time	Weight.	Time	Weight.	Time	Weight.	Time
		lbs.	H. M.	lbs.	H. M.	lbs.	H. M.	lbs.	H. M.
Aitchbone	Boiled	8	2 0	10	2 30	12	2 45	14	3 0
Baron	Roasted	80	7 0	90	7 30	100	8 0	110	8 30
Brisket	Boiled	7	2 0	8	2 15	10	2 30	12	2 50
Clod	Boiled	30	6 0	40	7 0	50	7 45	80	8 30
Leg of Mutton Piece	Baked	14	3 15	16	3 30	18	3 45	20	4 0
Ribs	Baked	8	1 45	10	2 10	12	2 20	16	3 0
Ribs	Roasted	8	2 0	10	2 30	12	2 45	16	3 30
Ribs (Boned)	Baked	7	2 0	9	2 30	11	2 50	13	3 10
Round	Baked	6	1 30	9	2 10	12	2 45	15	3 15
Rumpsteaks	Grilled	1	0 5	2	0 8	3	0 12	4	0 15
Rumpsteaks	Fried	1	0 8	2	0 10	3	0 14	4	0 18
Shin	Stewed	6	3 30	8	4 0	10	4 15	12	4 30
Silverside (Salt)	Boiled	7	2 0	10	2 30	14	3 15	20	4 0
Sirloin	Baked	10	2 30	13	3 10	16	3 40	18	4 0
Sirloin	Roasted	10	2 40	13	3 20	16	4 0	18	4 20
Heart	Baked	4	1 45	5	1 30	6	1 45	8	2 0
Tail	Stewed	1½	1 30	2	1 50	2½	2 10	3	2 20
Tongue	Boiled	6	3 15	7	3 30	8	3 45	9	4 0

MUTTON.

Joint.	How Cooked.	Weight.	Time	Weight.	Time	Weight.	Time	Weight.	Time
		lbs.	H. M.	lbs.	H. M.	lbs.	H. M.	lbs.	H. M.
Breast	Boiled	3	1 30	4	1 45	5	2 0	6	2 10
Breast	Stewed	3	2 0	4	2 15	5	2 30	6	2 40
Haunch	Roasted	10	3 20	12	4 0	16	4 30	20	5 0
Leg	Baked	7	1 50	10	2 20	12	2 50	16	3 20
Leg	Boiled	7	2 0	10	2 30	12	3 0	16	3 30
Leg	Roasted	7	2 0	10	2 30	12	2 45	16	3 0
Loin	Baked	6	1 30	7	1 45	8	2 0	10	2 20
Loin	Roasted	6	1 40	7	1 50	8	2 10	10	2 30
Loin (Boned)	Baked	5	1 20	6	1 30	7	1 40	8	1 50
Neck (Best End)	Baked	3	0 50	4	1 5	5	1 20	6	1 30
Neck	Boiled	3	1 20	4	1 30	5	1 40	6	1 50
Neck (Scrag)	Stewed	1	1 45	1½	2 0	2	2 10	2½	2 15
Saddle	Roasted	12	3 0	14	3 15	16	3 35	20	4 0
Saddle	Baked	12	2 50	14	3 5	16	3 30	20	3 50
Shoulder	Baked	6	1 25	8	1 35	9	1 45	10	2 0
Shoulder	Roasted	6	1 30	8	1 45	9	2 0	10	2 10
Head	Boiled	5	1 30	6	1 45	7	2 0	—	—
Heart	Baked	0½	0 30	—	—	—	—	—	—
Kidney	Grilled	1	0 6	—	—	—	—	—	—

LAMB.

Joint.	How Cooked.	Weight.	Time	Weight.	Time	Weight.	Time	Weight.	Time
		lbs.	H. M.	lbs.	H. M.	lbs.	H. M.	lbs.	H. M.
Breast	Stewed	1	1 10	2	1 20	3	1 30	4	1 40
Fore-quarter	Baked	6	1 15	7	1 25	8	1 35	10	1 50
Fore-quarter	Roasted	6	1 20	7	1 35	8	1 45	10	2 0
Hind-quarter	Baked	7	1 25	8	1 35	9	1 42	11	2 0
Hind-quarter	Roasted	7	1 35	8	1 45	9	1 50	11	2 5
Leg	Baked	3	1 15	4	1 20	6	1 30	8	1 45
Leg	Roasted	3	1 20	4	1 30	6	1 40	8	2 0
Loin	Baked	3	0 45	4	1 0	5	1 10	6	1 20
Loin	Roasted	3	0 50	4	1 5	5	1 15	6	1 25
Neck (Best End)	Baked	2	0 40	3	0 50	4	1 0	—	—
Neck	Roasted	2	0 45	3	1 0	4	1 5	—	—
Neck (Scrag)	Stewed	1	1 10	2	1 30	—	—	—	—
Shoulder	Baked	3	0 45	4	1 0	5	1 10	—	—
Shoulder	Roasted	3	0 50	4	1 10	5	1 20	—	—

PORK.

Part.	How Cooked.	Weight.	Time	Weight.	Time	Weight.	Time	Weight.	Time
		lbs.	H. M.	lbs.	H. M.	lbs.	H. M.	lbs.	H. M.
Ham (Smoked)	Baked	8	3 45	10	4 0	12	4 20	16	5 0
Ham	Boiled	8	3 50	10	4 15	12	4 30	16	5 20
Hand	Boiled	3	2 0	4	2 15	5	3 25	6	3 35
Fore-loin	Baked	6	2 10	8	2 30	10	2 50	12	3 0
Fore-loin	Roasted	6	2 15	8	2 40	10	3 0	12	3 15
Hind-loin	Baked	6	2 10	8	2 30	12	2 50	14	3 0
Hind-loin	Roasted	6	2 15	8	2 40	12	3 0	14	3 15
Leg	Baked	6	2 40	8	3 0	10	3 20	12	3 35
Leg	Boiled	6	3 0	8	3 30	10	4 0	12	4 30
Leg	Roasted	6	2 15	8	3 10	10	3 30	12	3 45
Spare Rib	Roasted	3	1 30	4	1 45	5	3 0	6	2 10
Bacon	Boiled	2	1 30	4	2 0	6	2 20	8	2 40
Face (half)	Boiled	2	1 30	3	1 40	4	1 50	5	2 0

POULTRY.

Name.	How Cooked.	Size or Quantity.	Time	Name.	How Cooked.	Size or Quantity.	Time
			H. M.				H. M.
Chicken	Boiled	Small	0 30	Goose	Baked	Small	1 20
Chicken	Roasted	Small	0 30	Goose	Roasted	Large	1 50
Ducklings	Baked	Medium	0 30	Goose	Roasted	Small	1 25
Ducklings	Roasted	Medium	0 35	Pigeon	Grilled	Medium	0 15
Ducks	Baked	Large	0 50	Pigeon	Stewed	Medium	0 30
Ducks	Roasted	Large	1 0	Rabbit	Baked	Large	0 45
Fowl	Boiled	Large	1 0	Rabbit	Boiled	Medium	0 40
Fowl	Boiled	Medium	0 45	Rabbit	Roasted	Large	0 50
Fowl	Roasted	Medium	0 50	Turkey	Baked	Large	2 30
Fowl	Baked	Medium	0 45	Turkey	Boiled	Medium	1 45
Goose	Baked	Large	1 45	Turkey	Roasted	Large	2 40

MISCELLANEOUS.

Bread, Quartern loaf..... = 4 lbs.
Bricks, load of ..... = 500.
Butter, firkin of ....=56 lbs.
Coal, sack, 2 cwt.; small do., 1 cwt.
Coke, sack = 4 bushels.
,, chaldron = 12 sacks.
Flour, barrel, 196 lbs.; sack, 280 lbs.; peck, 14 lbs. 7ozs.; bushel, 56 lbs.
Hay, old, load=36 trusses (18 cwt.)
Hay, old, truss = 56 lbs.
Hay, new, load = 36 trusses (19 cwt. 32 lbs.)
Hay, new, truss=60 lbs.
Hops, pocket of=1½ to 2 cwt.
Paper, quire = 24 sheets.
,, ream = 20 quires.
Parchment, roll of=60 skins.
Potatoes, sack of=168 lbs.
Raisins, box of = 56 lbs.
Straw, load of = 36 trusses (11 cwt. 64 lbs.)
Straw, truss of = 36 lbs.
Tea, chest of, Congou=80 to 100 lbs.
Tea, Chest of, Hyson=60 to 80 lbs.

WEIGHTS AND MEASURES FOR HOUSEWIVES.

Butter, soft, the size of an egg	=	1 oz.
,, ,, 2 tea-cups packed	,,	1 lb.
Flour, sifted, 1 quart, well heaped	,,	1 lb.
Flour or Sugar, 2 tablespoons, level.....	,,	1 oz.
Sugar, best brown, 1 tablespoon, well heaped	,,	1 oz.
,, Best brown, 2½ teacups, level	,,	1 lb.
,, best brown, 1 pint	,,	13 oz.
,, coffee, 1 pint	,,	12 oz.
,, ,, 2 teacups, well heaped	,,	1 lb.
,, ,, 1⅛ pints	,,	1 lb.
,, granulated, 1 pint, heaped	,,	14 oz.
,, granulated, 2 teacups, level	,,	1 lb.

4 teaspoonfuls equal 1 tablespoonful.

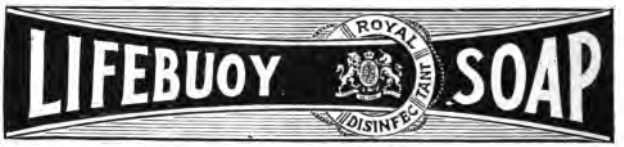
PART III.

Dining Room.

TABLE DECORATION

GRATEFUL MOTHERS

AND



A Bristol Lady writes:—

"A few weeks ago my little boy had a ringworm on his face I gave him hot baths at night, using **Lifebuoy Soap** freely. When doctor saw the child's face a short time afterwards he was astonished at finding that the ringworm was so quickly removed."

A Pendlebury Lady writes:—

"My little girl recently suffered from eczema. I used **Lifebuoy Soap** constantly, and she is now well and healthy and as fair as a lily."

A Leytonstone (Essex) Lady writes:—

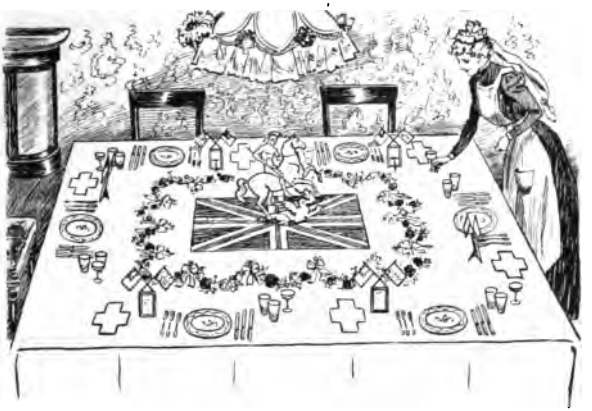
"My daughter recently suffered from an attack of eczema in her hands. For two years she attended a hospital, but she was not cured At last she tried your **Lifebuoy Soap,** and is now quite well."

A London Lady writes:—

"My baby was washed with **Lifebuoy Soap** when it was born, and my doctor recommended it."

LIFEBUOY Royal Disinfectant SOAP is a powerful disinfectant and exterminator of the various germs and microbes of disease; is made of absolutely pure materials; is free from injurious chemicals, and, in use, is at once safe, sure, simple, and economical.

Table Decoration.



General Hints.

Table decoration is a fascinating subject; but before entering upon any special descriptions it is well to give a few general hints which will always be found useful and important.

1.—Never allow decorations to interfere with the comfort of the guests, by:—*(a)* Interrupting their view; *(b)* inconveniencing them for want of space; *(c)* occupying places required for other articles; *(d)* resorting to insecure arrangements (*e.g.*, slender vases over-weighted by heavy flowers, or elaborate erections which are not firmly fastened together); *(e)* placing strongly-scented flowers, growing plants, mosses, etc., too near the plates.

2.—Have one prominent idea, and carry out even the smallest details to accord with the chosen style.

3.—Try to have variety of arrangement and colour on different occasions.

4.—See that all the colours blend and harmonise artistically. Do not have too many colours or kinds of flowers. A lovely scheme of decoration may be worked out in one colour only.

5.—Provide suitable apparatus (*e.g.*, use tins filled with damp sand in which to arrange borders of flowers, moss and leaves will hide the tins).

6.—Avoid heavy decorations, which are rarely effective.

Special Descriptions.—The following original designs are given as examples of decorations which can be adapted for various occasions.

I. SERIES OF DINNER TABLES SYMBOLIC OF THE FOUR SEASONS.

1. Spring.

Table Centre.—Oblong of sky-blue satin, bordered by bunches of violets arranged in light green moss. In the centre place a green glass epergne containing branches of pink blossom, and at either end put low green glass bowls filled with growing crocuses.

Corners.—Place figures of Dresden china, or other dainty ware (*e.g.*, pale pink cherubs holding up lighted candles shaded by pale blue shades).

Serviettes.—Folded in form of birds, placed in wine-glasses.

Menus.—Each with spray of blossom at base.

2. Summer.

Centre.—Oval or circular piece of mirror, surrounded by bank of moss, in which place at intervals small pots of delicate ferns. On the surface of the mirror place small china

swans, and real or artificial water-lilies; whilst in the centre arrange a small rockery of shells, pebbles, etc., surmounted by a lighted red fairy-lamp. Place similar lights on the table.

Corners.—Place light wicker-baskets filled, and long handles decorated, with choice roses.

Serviettes.—Folded as water-lilies and placed on green leaves.

Menus.—Placed on tiny easels.

3. Autumn.

Centre.—Diamond-shaped piece of yellow satin, fringed with corn. On this is an epergne filled with ripe fruit, amongst which place a few ears of barley, etc. From the lowest tier of the epergne trails of autumn leaves or Virginia creeper extend to each corner of the table, terminating at the bases of brown vases containing dwarf sunflowers. At each corner of the satin centre, place low green vases filled alternately with field-poppies and white marguerites.

Menus.—Held in small sheaves of corn secured by gilt (cardboard) sickles.

4. Winter.

Centre.—Same mirror as for "Summer," bordered by bank of frosted cotton wool, in which stick sprays of berried holly. In centre of mirror, also on cotton wool, stand small fir-tree illuminated by coloured candles, Outside the mirror, place, at the angles of a square, two scarlet vases containing mistletoe, and two silver candlesticks with scarlet shades.

Corners.—Shallow crimson bowls of Christmas roses.

Serviettes.—Represent scrolls, roll and tie with scarlet ribbon, to ends of which attach scarlet seals.

Menus.—Written in Old English and held by small figures of Father Christmas.

II. "GEISHA" TABLE.

Centre.—Oblong of lemon-coloured satin with Japanese embroidery. In middle, rising from stand of scarlet lacquer, place a light bamboo framework holding three lighted Japanese lanterns. At the four corners of this stand, place blue and white Japanese pots containing ferns, whilst at the corners of the satin use Oriental vases holding Japanese chrysanthemums.

Corners.—Lighted candles, shaded by Japanese umbrellas, placed in bent iron-work candlesticks.

Menus.—On small hand-screens, held by Japanese figures.

Serviettes.—Folded as fans.

III. MAY-DAY.

Place pole (18 or 27 inches high) standing in middle of round table; from this hang garlands of flowers, radiating to sides of table. Between each of the garlands place a brightly-coloured pot containing ferns.

Menus.—Small hanging banners.

Serviettes.—Folded as slippers.

IV. TENNIS LUNCHEON.

Centre.—Oblong of grass-green velvet, outlined in small white flowers representing Tennis Court. Across the middle stretch a net made of gold cord. At outer corners of court, place ferns growing in rustic baskets. Before each guest's plate, place a specimen glass containing one or two choice roses.

Menus.—Written on small racquets crossed and placed behind serviettes.

Serviettes.—Folded in form of balls.

V. CHILDREN'S PARTIES.

Tropical Scene.

Centre of yellow linen, in middle of which place a palm surrounded by moss and pebbles from which spring small ferns. At each corner place ferns in coloured pots, whilst SUNLIGHT TOYS showing Africans, etc., on horseback, are placed as though galloping across the sandy desert.

Serviettes.—Folded as tents, with small flags bearing names of youthful guests.

Winter.

Utilise same mirror and decorations as for previous description of Winter, but in addition, place on the mirror SUNLIGHT TOYS of children on sledges.

Summer.

Same mirror, but bordered by a strip of yellow linen; the outer edge being banked up by shells, etc., whilst the inner border is fringed with seaweed. On the linen place SUNLIGHT TOYS of children in goat-carriages, donkey-carts, etc.; and in centre of mirror, a boat filled with flowers.

VI. NATIONAL.

England. *Centre.*—Silk Union Jack. Bronze figure representing St. George. Garlands of red and white roses, festooned with pale blue ribbon.

Menus.—Alternately red, white, and blue. Small flags crossed behind,

Serviettes.—St. George's Cross.

Scotland. *Centre.*—Heliotrope satin embroidered with gold lion, bordered by heather. Tartan ribbons radiating to corners, where they are tied round necks of yellow vases containing thistles.

Menus.—With tartan corners.

Serviettes.—St. Andrew's Cross.

Ireland. *Centre.*—Green velvet trefoil on which stands harp of violets with gilt strings; border of shamrocks forming diamond outside. Trefoils of violets at corners. Brass candlesticks, green and gold shades.

Menus.—Gilt harps.

PART IV.

Homely Recipes.

is preferred by ladies of refined taste, because being exquisitely pure, it makes Baby's dainty fabric equal to new; and because its pure ingredients having **a tonic** action on the skin, it is a delightful Soap for the Bath and Toilet.

A Purer Soap is beyond the Art of Soapmaking.

Homely Recipes.

How to make a Good Cup of Tea.

When making tea see that the water is fresh boiled. Do not use water that has been simmering half the day. When the water is at boiling-point half fill the tea pot, and leave it standing for a few minutes. When the pot is thoroughly heated, empty it, then put in the tea, and pour boiling water over it at once until you have the pot a little more than half full. Close the lid and leave the pot standing for five or ten minutes, so that the tea will draw. Afterwards fill the pot to the top with boiling water. Where there is a large party it is advisable to use two teapots instead of placing all the tea in one pot, as with two pots the tea can be better

infused, and it will go farther. The best way to measure the tea is to allow one teaspoonful for each person present, and if the tea is required to be of more than ordinary strength add an additional spoonful. For mixed tea the proportion is generally four spoonfuls of black tea to one of green, but, if necessary, an additional supply of the latter can be added. Strong green tea should only be taken very sparingly, as it is highly injurious if indulged in. A few grains of bicarbonate of soda is regarded by many as an excellent aid in helping to brew the tea if the water is hard. In doing this the soda should be added before pouring the boiling water on the tea. It should only be used very sparingly, as it will give a saponaceous taste to the tea if too much is used. Always rinse the teapot after using; cold tea should be placed in a jug and never be left in the pot. Tea which is allowed to simmer or to stand too long is not fit to drink. An earthenware pot is always best for brewing tea in, as it is not liable to impart that metallic taste which is often experienced when a metal or tin teapot is used.

How to make a Cup of Coffee.

A good cup of coffee is appetising and invigorating. As has been already said, no sensible housewife should buy what is known as "ground coffee." It may sometimes be necessary to do so owing to circumstances, but it is a thing which should be discouraged. If you want a really good cup of coffee buy the berries, and see that they are properly roasted before doing so. It is always advisable to buy them in their roasted state, because the green berries if kept long in stock lose their strength. Grind coffee only as you require it. In making coffee allow a small tablespoonful for [illegible]rson par-

taking. Put the coffee in a bowl and set it on the stove, where it will get very hot without burning. Fill the coffee pot with the quantity of hot water required, and place it on the stove until it begins to bubble. Then take the bowl containing the coffee which has become hot and put the coffee into the pot, stirring meanwhile with a spoon so as to thoroughly mix it. Cover the pot closely and let it simmer for about ten minutes, when it may be served. See that the coffee has settled at the bottom of the pot, and hold the pot steadily whilst serving, otherwise the grounds will rise and make the coffee muddy. Here is another method for making the beverage: Fill a coffee pot three parts full of boiling water and put the coffee in carefully, a spoonful at a time, stirring it thoroughly between each spoonful. Set it to boil gently, but still keep stirring so as to thoroughly mix the coffee with the water. After a few minutes, draw the pot to one side and allow it to boil gently for one hour. Whilst bubbling throw in about a cupful of cold water to let it settle, keeping the pot as far from the fire as possible. In about an hour's time the coffee will be quite clear, when it should be gently poured into another pot, care being taken not to disturb the sediment. Coffee made in this way may be kept three days in the summer, and even longer in the winter. It is, therefore, always conveniently ready to be heated in the coffee pot. Another method of preparing coffee is to fill a saucepan with milk and heat to nearly boiling point; then put the coffee, which must be freely ground, into the saucepan; boil together for three minutes, but stir gently with a spoon whilst boiling. Clear by pouring some into a cup and back again; then leave standing for a few minutes on the hob to allow the coffee

to settle. The beverage can be made more nutritious by adding a well-beaten egg.

Coffee Milk. Boil a heaped dessertspoonful of coffee in about three quarters of a pint of milk for a quarter of an hour. Then add a few shavings of isinglass to clear it. Let it just boil, and then stand it on one side of the fire to grow fine. Pour into the cup to avoid the sediment.

How to make a Cup of Cocoa. Cocoa is more nourishing than tea or coffee, even if no milk be used. It can be made as follows:—Put a large teaspoonful into a breakfast cup and mix with enough cold milk to make a paste: fill up with water not quite boiling, and add sugar and cream to taste. Milk, or milk and water, can be used instead of water only in preparing cocoa if desired. Cocoa may be improved by boiling it for a minute or so. It is an excellent beverage for children, owing to its strengthening and appetising qualities.

How to make a Cup of Chocolate. Chocolate is a favourite dish in various continental cities, and the best way to to prepare it is as follows:—Heat sufficient milk and water, and place the chocolate therein in a powdered form. Stir quickly until the chocolate is thoroughly mixed. Then place the pan on the fire and allow it to boil for a few minutes, still stirring. After standing so as to let it settle, it may be served with white sugar. In making chocolate allow ½-oz. of chocolate to each person, and for each ounce allow ½-pint of water and ½-pint of milk.

Milk.

Milk occupies an important place amongst our beverages, and justly so, because it is not only a liquid but a food. The principal constituents of milk are caseine, sugar of milk, milk fat, and phosphates, and these elements are sufficient in themselves to support children or animals without any other food. Cow's milk is generally used in this country. In Denmark, Norway, and Sweden, sheep's milk is in popular use; in Spain and Switzerland that of goats; mare's milk is adopted in Tartary, whilst in Iceland the reindeer provides for the requirements of that country. The constituent parts are, in nearly all cases, the same. Good milk may be known by its opaque white colour and creamy appearance, whilst the taste is sweet. Milk is often adulterated, and the best way to test its quality is to boil it. Vessels for holding milk should be kept scrupulously clean, by being periodically cleansed with MONKEY BRAND. Milk should on no account be kept in vessels of zinc or copper. When the weather is hot it is often difficult to keep milk from turning sour, and it is best under such circumstances to scald it, after which it will remain good for several hours. When scalding, it should be borne in mind that milk must not be allowed to *boil*, for the cream will turn into a skin. Heat the milk slowly, and when the surface looks thick it is a sign that it is sufficiently scalded, and should then be kept in a cool place. If you wish to separate milk and cream, pour the former into a broad, shallow dish or pan about an inch in depth, and after allowing it to stand in a cool place for some time the cream will rise and form a thick coating on the surface, from which it can be skimmed. Milk is not so rich in winter as it is in summer, and morning's milk is always of

a richer quality than the evening's. A glass of warm milk is very sustaining, and if taken in sips it is all the more easily digested. Milk should form an important feature in children's diet, and the following will be found to be an excellent dish for the little ones:—

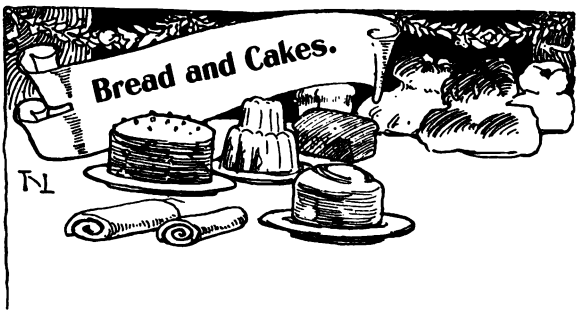
Take a pint of milk, add a pinch of salt, and a pinch of powdered cinnamon, sweeten to taste, and heat to boiling point. Place some thin slices of bread in a dish, cover with milk, and keep it on the stove for a little time. Then beat up the yolk of an egg, add it to the milk in the pan, and stir over the fire until thickened, but mind it does not curdle. When sufficiently thickened, pour over the bread, and then place it for the children, who are sure to appreciate it.

Cowslip Wine. To two gallons of water put six pounds of powdered sugar, boil forty minutes, and take off the scum as it rises. Pour into a tub to cool, and add the rinds of two lemons; when cold, add four quarts of cowslip flowers to the liquor with the juice of two lemons. Let it stand in the tub two days, stirring it every two or three hours, then put into a barrel and let it stand three weeks or a month. Bottle, and put a lump of sugar into each bottle.

Elderberry Wine. Put the berries into a jar, and place all night into a slow oven. Mix with every quart of the juice three quarts of water; add four pounds of sugar, a little ginger and cloves, and boil three-quarters of an hour. When cool, ferment it with yeast spread on toast, and let it work two days; then put it into a cask and bung tightly until the fermentation is over. In America it is customary to flavour the wine with hops in the proportion of one ounce of hops to every gallon of water.

Damson Wine. Take seven or eight pounds of fruit to a gallon of water. Bruise the damsons, and pour the boiling water upon them. Let this stand two or three days, draw off the liquor, and to every gallon of the liquor add three pounds of sugar. Barrel, and bung tightly to keep out the air.

Ginger Beer. Brown sugar or treacle, 1½ lbs.; water, ½-gallon; ½-oz. of ground ginger, and 1 lemon. Boil, and then add yeast. Let it stand twenty-four hours; then strain, bottle and cork tightly.



Bread occupies a foremost place in our daily food supply, and it is therefore fittingly designated "the staff of life. It is a necessary article of diet, and hence we should have it of the best quality. The best kind of bread is not that which has been baked in a tin, and looks so fine and white on the baker's shelf. This class of bread, no doubt, appears very appetising, and it may even be pleasant to eat, but it should be understood that the snow-white appearance of the loaf does not denote its excellence as a food. Its whiteness has been obtained at the expense of its constituent parts, for the flour has been deprived of its flesh-forming qualities in order to give the loaf an appearance pleasing to the eye. A white loaf can easily be made by skilful hands in the home, and bread-making and bread-baking should be an accomplishment of every woman. To make white bread, the flour, while yet white, should possess a yellowish tinge. Flour of this quality makes a strong elastic dough when kneaded, and it will form a palatable and flesh-forming

loaf. Bread-making as has been pointed out is an art in itself, and hence it requires some attention. Some people are under the impression that bread can only be baked successfully in a baker's oven, but it is an absolute fact that home-made bread is cheaper, sweeter, and far more wholesome than anything that can be obtained from the baker's shop. It is quite possible to bake a loaf satisfactorily in the ordinary cooking oven, which may be heated either by gas or coal. Whenever possible the housemistress should purchase her stock of flour direct from the miller, as there is less chance of its being adulterated. "Superfine" flour is the best, but very good bread can be made with what is called "seconds." Wholemeal bread is by far the most nutritious, but if wholemeal is considered too brown, an equal quantity of flour may be mixed with it when baking.

Fancy Breads. In the baking of bread, the cook should endeavour to make it both light and sweet without being puffy. The oven requires more than passing attention, for if it is not sufficiently hot the process of baking will be a failure; therefore, keep the oven in proper order at all times. For baking square or round quartern or half-quartern loaves, the oven should be heated to 360 degrees Fahrenheit, whilst for fancy bread such as rolls, long French loaves, or cakes, the heat should be about 400 degrees. In the mixing of dough, water or milk may be used; if the former, first boil it, and then wait until it has cooled to the right temperature before using. Milk, if used, should be first scalded and then allowed to cool; if milk and water, pour boiling water into the milk. In using buttermilk, add a little soda, and choose baking powder in preference to yeast.

Setting the Sponge.

Having made all preliminary arrangements for baking, the next thing to be done is to "set the sponge." This is done by mixing a certain proportion of yeast with the flour, and after leaving it for a quarter of an hour to rise, the process of mixing and kneading is commenced. Great care should be exercised in kneading, for the proper consistency of dough is only obtained by practice, and when the process is finished the doughy ball should be firm and elastic without sticking to the hands or the vessel. Cover the dough with a soft cloth, and leave it for three or four hours in a cool place to rise. When risen, the dough will appear to be about twice its original size. Bread should never be set overnight, even though time may be saved thereby. Do not put salt into the flour, for it cannot be mixed evenly. It is best to add it to the water or milk, as by doing so it will become equally distributed through the dough. Never knead bread a second time, but when you are kneading it, knead it well; and after allowing it to rise place it in well-greased tins or on floured baking sheets, and quickly put it in a properly heated oven. It should be remembered that wholemeal flour takes a larger quantity of yeast, salt, and water than fine white flour; and should be lightly handled and subjected at first to a quick baking.

In making fancy bread, take a small amount of white flour—about a couple of pounds or so—and to it add an ounce of yeast mixed to a cream, an ounce of melted butter, and a lightly beaten egg. Mix the whole with a sufficient quantity of warm salted milk to make the dough of a soft consistency. Knead until it is full of air and then place it to rise, after which pull off small pieces and shape them as

desired, brush over with milk or melted lard, and bake brown in a quick oven. Below are given a number of recipes for making different varieties of bread and cake.

White Bread (with Brewer's Yeast). Take about seven pounds of flour, and place it in a deep pan. Make a hollow in the centre; pour in sufficient milk and water to make it into a stiff dough. Add a pinch of salt to the liquid before pouring. Having added about a gill of yeast, mix the whole thoroughly with both hands. When the dough appears smooth and shiny, sprinkle it with flour, place in a warm floured pan, which must be covered, and leave it to rise for between three and four hours, after which bake in a quick oven for an hour. To readily tell when the loaf is baked, run a skewer through it—if the skewer comes out without any dough adhering to it the bread is thoroughly baked.

Brown Rolls. Excellent brown rolls can be made in the following way:—Take one pound of wheat meal, two ounces of fresh butter, a saltspoonful of salt, one ounce of German yeast, and about a half-pint of tepid milk and water. Be careful to mix the salt and the meal well together, rub in the butter, then form into a nice light dough with the yeast which has been dissolved in the milk and water. Give the dough a thorough but light kneading, and cover and set in a warm place. When the dough has risen divide it into small portions, which may be fashioned neatly into rolls or buns, and these may be placed into lightly-greased tins and baked in a moderate oven. Brown bread may be made in a similar way. If carraway seeds are to be added they should be mixed with the flour in its dry state.

German Yeast Bread. Two ounces of dried German yeast are to be dissolved in a half-pint of warm milk and water, and a spoonful of coarse brown sugar is added to cause fluffiness. This mixture is to stand from ten to twenty minutes in a warm place. Do not squeeze the yeast. Then take two quarterns of flour and one tablespoonful of salt and place them in a pan. Mix with the yeast, and add enough milk and water to make a stiff dough. Knead thoroughly, set in suitable place to rise, then divide into loaves and bake in a good oven.

Milk Buns. Take two ounces of butter or dripping and rub it into one pound of flour; then add one and a half teaspoonfuls of baking powder. Mix into a light dough with skim milk, fashion into buns or rolls, and bake at once. These should be lightly handled.

Scones. Soda scones are most delicious for afternoon tea, and have the advantage of being quite as nice the day after as when newly baked. Use one pound of flour, a teaspoonful of salt, a teaspoonful of cream of tartar, half the quantity of soda, stir all together, and add, mixing with a knife, enough buttermilk to make a soft dough. Work on the baking board a little, then roll out quickly, cut into round or triangular scones, and bake on a clean griddle, turning each when a pale brown. Another variety of them can be made by adding to the above quantity of flour, soda, and tartar, a spoonful of fine sugar, two ounces of butter rubbed in, and enough sweet milk to make a rather firmer dough. These can be baked on a griddle or else on floured tins in the oven.

Plain Cake. Into one pound of flour rub quarter-pound dripping or butter. Then take two teaspoonfuls of baking powder, quarter-pound of brown sugar, a little candied peel or rind of orange or lemon, half a grated nutmeg, quarter-pound of currants or—if preferred—one teaspoonful of carraway seeds. Mix with either cold water or milk, and, having well greased the tin, bake immediately. The cake may be improved by the addition of an egg.

Sweet Cake. Take a large cup of flour and one of soft white sugar, and a teaspoonful of baking powder. Thoroughly mix all together, and then rub in about two ounces of butter, and a little milk. Mix with a spoon, put in greased tin, and bake for half an hour or longer.

Rice Cakes. Ground rice cakes may be easily made as follows :—Take quarter-pound ground rice, quarter-pound moist sugar, quarter-pound butter, two tablespoonfuls flour, a few currants, and one teaspoonful of baking powder. Mix rice, sugar, currants, and baking powder in dry state, melt the butter, and add a half-teacup of warm milk. Mix all with a spoon, place in tins or moulds, and bake moderately.

Tea Cakes. Take a couple of pounds of flour, a pint of milk, quarter-pound of butter, two ounces fine sugar, a half-teaspoonful of salt, and about six teaspoonfuls of baking powder. Melt the butter in the milk by the side of the fire, and also the sugar; then mix the flour, baking powder, and salt; add the milk, and mix, kneading well. Shape into round cakes, and put on greased tin before the fire, so as to rise. When sufficiently risen, place into hot oven and bake for half-an-hour.

Porridge. This is an excellent breakfast dish. It can be made thick or thin, according to the quantity of meal and water used, and whether coarse, fine, or medium meal is preferred. Badly made porridge is insipid and lumpy, and often burnt. In making good porridge, there are four points which every cook should remember. 1. Have the water at boiling point before putting in the meal. 2. Sprinkle in the meal from the left hand, at the same time stirring the porridge stick or spoon round and round with the right hand until the whole boils. 3. Do not put in the salt until the porridge has boiled for ten minutes; salt hardens the meal and keeps it from swelling if put in at the beginning. Stir well; porridge must cook for at least 20 minutes, though half-an-hour is better. If made with milk instead of water, the porridge is more liable to burn, and, though requiring a little more care in preparation, milk porridge is always more nutritious. Allow one-and-a-half pints of water, milk, or milk and water to a breakfastcupful of oatmeal. Wheatmeal porridge can be made in the same way as oatmeal. Porridge suitable for weak digestions may be made in the following way:—Mix thoroughly half-a-pound of barley meal, half-a-pound of oatmeal, half-a-pound of Indian meal, and one pound wheatmeal. Use this instead of plain oatmeal or wheatmeal for making porridge, boiling it for fully half an hour.

Meal Gruel. Smoothly mix one tablespoonful of fine oatmeal with cold water and a little salt; pour on this a pint of boiling water if it thickens too much, and stir frequently. When this is done a tablespoonful of cream, or a little new milk may be put in to cool it. Some persons like the gruel sweetened and a little nutmeg added, but it is palatable without. This is a

Milk.

Milk occupies an important place amongst our beverages, and justly so, because it is not only a liquid but a food. The principal constituents of milk are caseine, sugar of milk, milk fat, and phosphates, and these elements are sufficient in themselves to support children or animals without any other food. Cow's milk is generally used in this country. In Denmark, Norway, and Sweden, sheep's milk is in popular use; in Spain and Switzerland that of goats; mare's milk is adopted in Tartary, whilst in Iceland the reindeer provides for the requirements of that country. The constituent parts are, in nearly all cases, the same. Good milk may be known by its opaque white colour and creamy appearance, whilst the taste is sweet. Milk is often adulterated, and the best way to test its quality is to boil it. Vessels for holding milk should be kept scrupulously clean, by being periodically cleansed with MONKEY BRAND. Milk should on no account be kept in vessels of zinc or copper. When the weather is hot it is often difficult to keep milk from turning sour, and it is best under such circumstances to scald it, after which it will remain good for several hours. When scalding, it should be borne in mind that milk must not be allowed to *boil*, for the cream will turn into a skin. Heat the milk slowly, and when the surface looks thick it is a sign that it is sufficiently scalded, and should then be kept in a cool place. If you wish to separate milk and cream, pour the former into a broad, shallow dish or pan about an inch in depth, and after allowing it to stand in a cool place for some time the cream will rise and form a thick coating on the surface, from which it can be skimmed. Milk is not so rich in winter as it is in summer, and morning's milk is always of

As articles of diet, eggs and cheese occupy a prominent place in our food supply. Cheese, though regarded by some as indigestible, is rich in flesh-forming and fattening elements, whilst eggs, properly cooked, are both wholesome and appetising. When beaten up and used in conjunction with other substances in making puddings, eggs are easily digested, and taken with sherry or milk they are also very nutritious. To tell if an egg is a good one, hold it before a candle and look through it with one eye closed. Should a black or dark spot appear in the egg it is unfit to use. If a few white spots are seen the egg is suitable for a pudding or an omelette, but if it is perfectly clear it is fresh and can be boiled or otherwise cooked for food. Another way to test an egg is to place the tongue against the larger end, and if it has a warm feel it is fresh. Unless salt is added to a boiled egg when eaten it will taste

insipid, and if a little pepper is added it will impart a flavour and aid digestion. When placing eggs in water always use a large spoon, and never drop them into a vessel *full* of boiling water as the shell is very liable to crack. The water should never quite cover the eggs. Turkey eggs are nearly as mild as those of the hen; goose eggs are large and taste pleasant; duck eggs require less time to boil than hen eggs, and have a rich flavour. The eggs of the guinea fowl are more delicate and smaller than those of the hen. The eggs of a wild fowl are usually coloured, and possess a flavour of the bird to which they belong. Turtle eggs have no shell and are only yolk, yet they are considered a delicacy. Eggs of sea-fowl have generally a fishy taste. The eggs of the hen are principally eaten, and the following methods of cooking them will, no doubt, interest many housewives.

Boiled Eggs. Fresh eggs only should be used for boiling. Place them gently in a saucepan of nearly boiling water with a spoon, and see that the spoon touches the bottom of the saucepan before taking it out. By doing this the eggs will not fall and break at the bottom of the pan. Then place the saucepan on the fire and allow it to boil. Three minutes will suffice for lightly boiled eggs, and such should only be given to invalids; the white of the egg will set after being boiled nearly four minutes; hard boiled eggs should have from six to seven minutes' boiling; and whenever the eggs are other than those of the hen from half a minute to a minute longer should be allowed. When cold water is used the eggs will be done to a nicety if they are taken out immediately the water comes to the boil. A teaspoonful of vinegar put in the water will prevent the egg from boiling out of a cracked shell.

Poached Eggs. If eggs are quite new they should not be poached, as the white is so milky that it will not set; if, however, the egg is too stale it will just be as hard to successfully poach it. Eggs which are over thirty hours old are the most suitable for poaching. Break the egg into a cup without destroying the yolk; then pour boiling water into a pan, and, keeping the pan by the side of the fire, slip the egg gently but quickly into it. Place the pan on the fire, which should not be a fierce one, and let it simmer slowly. As soon as the white has set solid, the egg will be properly poached. Care must be taken not to allow it to get overdone. As poaching is a somewhat difficult operation it is advisable for inexperienced cooks to use an egg-poacher. In this the eggs can be placed in the pot of water and afterwards withdrawn without the least fear of them being broken. From two to four minutes will be sufficient time for poaching ordinary eggs, and if a frying pan is used for the purpose not more than three or four eggs should be poached at the one time.

Eggs in Batter. Poach as many eggs as required, and let them get cold. Then dust each egg with flour, dip it into a light batter, and fry a golden brown. A piece of thin raw bacon wrapped round each egg before it is dipped in the batter is an improvement. Serve on a long mound of mashed potatoes, to which add a good savoury sauce.

Creamed Eggs. Melt a tablespoonful of butter in a chafing dish. Beat up three eggs, together with a little salt and tablespoonful of cream, and whisk well together. When the butter is thoroughly melted, pour it on the eggs and stir with a silver

fork until the eggs are quite creamy and sufficiently cooked. Then serve on rounds of buttered toast.

Parsley Eggs. Poach the required number of eggs, and when cooked sufficiently, lift them out, drain them, and gently place each egg on a small round of hot buttered toast. Have in readiness a sauce made of one teacupful of milk or cream, some finely chopped parsley, one teaspoonful each of butter and flour mixed to a smooth paste, with a seasoning of pepper and salt. Boil for three minutes; then pour it over the eggs and toast, which should be neatly arranged in a deep dish, and serve.

Cheese. There are several varieties of cheese, the principal being Cheshire, Gloucester, Cheddar, American, Cream, Dutch, Roquefort, Gruyère, Gorgonzola, and Stilton, the last-named being the highest-priced article. Cheshire and Cheddar cheeses are made of whole milk; Gloucester of a mixture of skimmed and new milk; and Dutch of skimmed milk. Roquefort is manufactured from the milk of sheep and goats, whilst cream cheese is really not cheese, but cream which has been dried and hardened. Cheeses may be preserved for a very long period by being rubbed over with a coating of melted fat, but no fissures or cracks should be in the cheese selected for preserving. A cheese that has been cut should be kept moist by being wrapped in a damp cloth and placed in a covered pan in a cool place. If mites are present in the cheese, they can be prevented from making headway by pouring a little spirits on the affected parts.

Stewed Cheese. Put some thin slices of stale Cheddar or double Gloucester into a saucepan along with about an ounce of butter. Cover with sufficient new milk, and stir

occasionally whilst it simmers. When the cheese has dissolved, take it off the fire and carefully stir in a beaten egg. Then pour over toasted sippets and serve immediately.

Cheese Omelette. Break two newly laid eggs on a plate, add a pinch of salt and pepper, a large spoonful of grated cheese, and a few crumbs. Then have an omelette pan in readiness, with an ounce of butter frizzling in it and just turning brown. Pour the mixture over this, slip the knife round the edge, and allow it to set. When browned underneath sufficiently set the pan in the oven or under the grill for a minute or so to raise the upper surface; then fold one half over the other, and, after placing it on a hot dish, serve.

Cheese with Macaroni. Procure some good macaroni and boil it until it is quite tender. Then butter a pie dish and place a layer of the macaroni at the bottom; cover with grated cheese, bread crumbs, butter, and seasoning. Repeat this until the dish is full, and put bread crumbs on top. Over all pour melted butter, and bake until nicely browned.

Toasted Cheese. This dish is better known as Welsh rarebit. Take slices of bread about half-inch in thickness, cut away the crust, and toast the bread without burning, after which cover it with butter. Cut smaller slices of rich cheese, and place them on the toasted bread in a cheese-toaster. If, however, the cheese is of a dry nature, a little butter may be added. Melt in the toaster, and spread over the top a little mustard and pepper. See that the cheese is properly melted without burning, and then serve very hot on warm plates.

A basin of good soup is most appetising, and it can be made easily and cheaply by every economical housewife. The pot or pan in which it is made should be thoroughly clean; the meat should be fresh and good; the vegetables and herbs well washed (unless they are dried) and fresh. The good cook will know how to choose her materials and make the most of them. Meat intended for soups should be set on the fire in cold soft water, as the juices are better extracted thereby. In the case of meat being boiled for the table it should be put on in hot water as, by this means, the outer surface will contract and retain the juice.

By adopting the following recipes some cheap and wholesome dishes may be prepared:—

scraps of meat, vegetables, etc., and skilfully concoct and manipulate them so that they will produce tasty and savoury sauces, which may be utilised for improving the flavour of the dishes served. There is scarcely any limit to the flavourings which can be made, and the careful and economical cook will find abundant scope for her culinary skill in their preparation.

Spices and other condiments also materially assist to make food palatable; though many of them may be purchased in a prepared form, still there is room for the cook to exercise her skill and judgment in preparing unique relishes.

Melted Butter. Put about a pint of water in a clean pan on the fire, and add to it half a teaspoonful of salt and pepper and an ounce of butter Then put in some flour and stir gradually until the liquid begins to simmer. Lift the pan off the fire and add another ounce of butter, and stir until melted, when the sauce will be ready for use.

White Sauce. Mix the yolks of two eggs with milk, then melt some butter and add it to the eggs and milk. Simmer gently, and add a little nutmeg, or mace if preferred.

Brown Sauce. Brown sauce should never be made as thick as white sauce. A good brown sauce may be made in the following way: Take about two ounces of butter, an ounce of flour, some boiling water, a teaspoonful of sugar, with pepper and salt to taste. Melt the butter in a pan and, when melted, sprinkle the flour over it. Fry until it becomes a rich colour, then put in salt and pepper and thin by the

addition of boiling water. A little burnt sugar added will give a darker colour to the sauce. Brown sauce is more suitable for dark meats, and white sauce for white meats.

Steak Sauce. A nice sauce for steaks may be made as follows:—Take half an ounce of horse-radish grated, half an ounce of pickled shalots, half an ounce of allspice, one ounce of salt, and one ounce of whole black pepper. Pound these very finely and then put them into a pint of mushroom ketchup. Let it stand for about a fortnight, when the liquor may be strained and bottled for use. A little of this sauce can be poured over steaks, or may be mixed with gravy.

Sweet Sauce. Take a small jar of red currant jelly and a glass of port wine and put them into a stew-pan on the fire. See that the mixture does not boil, but when thoroughly dissolved pour it into a basin and serve.

Salt. Very little value is attached to salt because it is so common, yet it should be borne in mind that it is nearly of as much importance to us as water. Without it our food would taste insipid and unwholesome. Salt should always be kept in a dry place. The cellars ought to be attended to every day, for if salt is allowed to get damp it will form itself into a hard cake, and will be difficult to break without spilling.

In seasoning food too much salt should not be used, as it is apt to cause scurvy, particularly amongst children. Salt will be found useful for many purposes other than cooking, and we will enumerate a few :—Salt when thrown on a coal fire will revive it when low ; used in sweeping carpets it will help to keep out moths; placed on ink when freshly spilled on

a carpet it will help to remove the stain; mixed with white-wash it will make the wash stick; thrown on soot which has fallen on the carpet it will prevent stains; it will put out a chimney fire; placed in the oven under baking tins it will prevent the bottom scorching; salt and soda are excellent for bee stings; salt and vinegar will remove stains from discoloured teacups; salt and water is a splendid gargle for the throat; salt and ashes sprinkled freely on cabbage plants will kill the worms. It will be seen from this that common salt is excellent for many things, and we should, therefore, appreciate and value it a great deal more than we do.

Black and White Pepper. The only difference between black and white pepper is that the black skins are removed from the one kind, leaving the inside of the berry white. The quality of either may be judged by its hardness, and may be tested by rubbing some berries between the palms of the hands; the best pepper will remain quite whole, and the inferior quality will crumble. It is not sufficiently realised that pepper loses its flavour when exposed to the air, and if desired at its best it must be freshly ground. The small pepper mills with a small screw top, sold by nearly all ironmongers, are very useful in kitchens where the big pepper mill is absent.

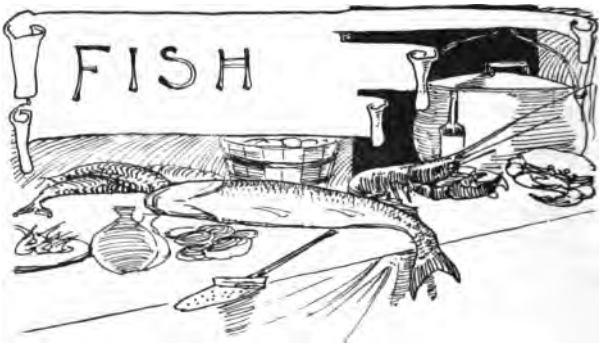
Kitchen Pepper. Mix in finest powder one ounce of ginger, half an ounce each of cinnamon, cayenne, black pepper, nutmeg, and Jamaica pepper; ten cloves, and six ounces of salt. Keep in a bottle well corked. This is a very old-fashioned mixture, and is an agreeable addition to any sauces or soups.

Mustard, spices, and vinegar are largely used in making relishes for various dishes, but the average cook is so well acquainted with their uses and properties that it is not necessary to refer to them at length.

Horseradish Sauce. Wash and scrape a small teacupful of horseradish. Boil two eggs hard. Mix the yolks in a basin with a pinch of salt and half a spoonful of dry mustard. Stir in smoothly one or two teaspoonfuls of vinegar and then a teacupful of sweet cream. Oil may be substituted for cream; if so, it must be put in before the vinegar and well stirred. The sauce will keep for some time if made with oil. Stir in the horseradish and serve.

Tomato Catsup. Wash clean and break to pieces half a bushel of perfectly ripe tomatoes; then place over the fire and let them come to the boil. Remove from the fire, and when cool rub the tomatoes through a wire sieve. To what goes through add two teacups of salt; one teacup each of allspice and cloves (ground); one quart of vinegar. Put on to the fire again and cook one hour, stirring with great care to avoid burning. Bottle and seal for use. If too thick when used put in a little vinegar. If they are very juicy they may need boiling over an hour.

Curry Powder. Take quarter of a pound coriander seed, quarter of turmeric, two ounces of cinnamon seed, one ounce each of mustard and ground ginger, half an ounce each of cayenne and allspice, and two ounces of fenngreek seed. Put all into a cool oven where they should remain overnight; then next day pound them in a mortar, rub through a sieve, and mix thoroughly. Keep the powder in a bottle from which air should be excluded.



White fish—such as ling, haddock, cod, sole, whiting, and flounder—are best suited for invalids. The salmon, conger eel, and flat and oily fish are generally more indigestible than other varieties. Fish when out of season has a transparent bluish colour, no matter how much boiling it may receive. When fish is in season the muscles are firm, and it is white and curd-like when boiled. Before cooking fish, thoroughly cleanse it. All fish, with the exception of salmon and mackerel, must be put into water which is hot but not quite boiling. Salmon must be put into boiling water to set the colour; mackerel into warm water, because the skin is very tender. Water which is too hot cracks the skin of the fish and spoils its external appearance before the inside is cooked. To tell whether fish is sufficiently cooked, pull a small bone; if it comes out readily the fish is cooked. Have water sufficient to cover the fish; put salt into the water; and do not boil any fish quickly. The brown skin should be taken off soles. Always cook flat fish with the white side uppermost, and, if preferred, rub over with some vinegar

or a slice of lemon. A more economical dish may be prepared by baking than boiling. It takes a longer time to boil some fish than others; for instance, a conger eel, which is very tough, needs to be slowly stewed like a tough steak. Baked fish requires no sauce, whilst boiled fish may be served with melted butter or butter and parsley. When frying fish dip it into milk, previously rolling it in bread crumbs or flour. By this means the thick lumps and patches of crust, which are almost inevitable if an egg is used to dip the fish in, are avoided.

Broiled Mackerels. Clean the mackerels thoroughly, split them and take out the bone, wipe with a clean cloth, rub over with butter, and sprinkle with salt and pepper. Butter a piece of paper and place it around the fish, lay them on a gridiron over a bright fire, and in about twenty minutes they will be nicely broiled. Dish upon a napkin, folding them so as to appear whole, and serve with minced parsley and butter.

Fresh Herrings. Scrape and clean them, then wipe them thoroughly, but do not wash. Rub over with melted butter, dredge with bread crumbs, and broil nicely on a gridiron. Serve with white sauce, made of fresh butter, pepper, vinegar, mustard, and salt.

Potted Herrings. Cleanse the herrings very carefully; cut off heads, tails, and fins. Take out the bones, and sprinkle each fish with pepper, salt, and flour; then roll them up and lay them side by side in a pie dish. Pour over them three or four tablespoonfuls of vinegar, and bake for three-quarters of an hour. A bay leaf and some black peppercorns greatly improve this dish. Many people like some sliced onion also.

Cod au Gratin. Fillet a nice piece of tail of cod. Wash and dry it well, season with pepper and salt; well butter a dish and place the tail on it. Pour over it a glassful of cooking wine, and cover with a greased paper; place the dish in a baking tin in hot water, and put in the oven for about fifteen minutes. Then remove the paper, and pour over the cod about half a pint of gratin sauce; sprinkle over this about a wineglassful of browned bread crumbs, and return the dish to the oven for twelve or fifteen minutes. The fish should acquire a deep brown colour, or should be placed before the fire to obtain it. Sprinkle lightly with parsley, and serve very hot.

Finnan Haddocks. A good method of cooking finnan haddocks is to have a border of boiled rice round the dish—three ounces will be sufficient. Then proceed in this way:—Cut the haddock in small pieces, removing as much of the bone as possible; cook it in sufficient milk to cover; when done, thicken the milk with a piece of butter, kneaded with as much flour as it will take up. Stir into the milk after removing the fish, and boil. Place the fish in the centre of the rice, and pour the sauce over it. The rice may be boiled previously, and when required can be warmed up in a steamer.

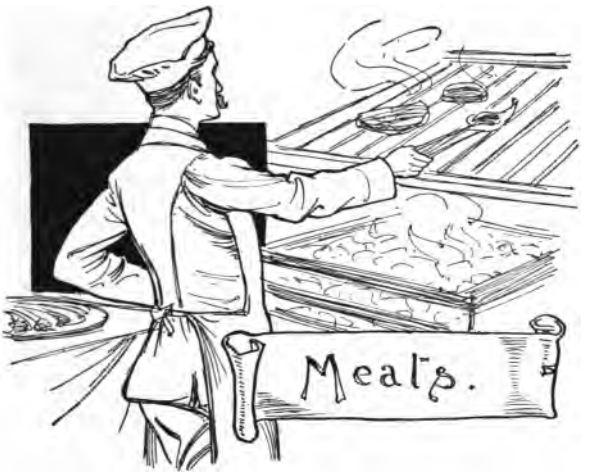
Galantine of Fish. It is often well to know how to cook fish other than by boiling and frying. Baked fish is very good, but requires to be eaten hot, and many will be glad to know that fish can be made into a galantine quite as well as meat, and is a very tasty dish when eaten cold. Fish is very nice for supper or luncheon, and when cut into thin slices and

put between bread and butter, makes delicious sandwiches. Take one large and two small fresh haddocks, and clean them well. Remove the head from the large fish, cut it straight down so as to take out the bone without breaking the skin, and trim away any loose pieces and bones. Then spread the inside with forcemeat made in the following way :—Take the two small haddocks, remove all skin and bones, and pound them as finely as possible. Add about half the quantity of soft breadcrumbs, a small lump of butter, and two anchovies from which the bones and heads have been carefully removed. Pound all together, season, add the beaten yolks of two eggs and white of another, pass through a sieve, and add a teacupful of cream. Having inserted the forcemeat, put on at intervals some small pieces of anchovy and a little lobster coral. Fold the fish into its original shape, and sew it up. Wet a cloth, first in hot and then in cold water, butter it, and firmly tie up the fish in it. Allow it to simmer for an hour in stock made from the bones; then remove it from the fire and leave it until cold. Afterwards untie the fish, remove the cotton, strain the stock, mix it with a little dissolved gelatine, and brush it thickly over the fish. Sprinkle over the top a little finely-powdered lobster coral, garnish with hard-boiled egg and watercress or cucumber, and serve with salad.

Fish Croquettes. Pick to pieces a pound of codfish, taking out all the bones. Heat two ounces of butter, stir in two tablespoonfuls of sweet milk, thicken with flour. When cooked add it with a beaten egg to the minced fish, pepper, salt, a little chopped parsley, and the juice of half a lemon. Spread out to cool. Form in croquettes, dip in grated bread crumbs, and fry in hot lard

Lobster Mould.

An attractive supper-dish can be made in the following way:—Chop finely, half a lobster; boil half a pint of milk and melt in it one ounce of butter. Pour over these half a pound of breadcrumbs and mix in the lobster mince. Add one whole egg and the yolk of another to bind the mixture; season with salt, pepper, and cayenne, and incorporate the ingredients thoroughly; turn the preparation into a buttered mould of fancy shape, and bake for about half an hour. Turn out the mould and serve either dry, garnished with rings of lemon and cucumber, or with fish sauce poured round and over.



Roast Beef. Thoroughly wipe the beef; then fasten a piece of white paper spread with butter, lard, or dripping over the fat. Never use skewers to do this unless really necessary, as they make holes from which the juice will escape; when used, skewers should be run through fat and skin, and not through the middle of the joint. Hang the meat before a good, clear fire, and if the meat is very lean baste frequently with the fat which drops from it, or with some lard, dripping, or butter. When nearly done, remove the paper, put the meat close to the fire, and sprinkle some salt over it; then dredge with a little flour, and, having garnished with horse radish, serve.

After having had the beef in salt over a
Roasted Beef. week, take it out and wash off the salt.
Then skewer it in a round shape, and
[illegible] Place it in a saucepan of boiling water
[illegible] commencing to boil, remove
[illegible] surface. If the scum is not removed
[illegible] sink into the meat. Having well
[illegible] to one side to allow the liquor to
[illegible] beef gently simmer until it is suffi-
[illegible] remove the tape, pour over a
[illegible] garnish with carrots. Suet dump-
[illegible] other accessories, may be boiled
[illegible] liquor, which may be utilised for
[illegible] sending the beef to table it would
[illegible] unsightly slices; these may be
[illegible]. Boiled beef is seasonable at
[illegible] appetising during winter months.
[illegible] breast of mutton till nearly done,
[illegible]. Score the meat and season
[illegible] with pepper and salt. Beat up an
[illegible] brush it over the meat; then
[illegible] sweet herbs over it. Broil
[illegible] a nice brown colour. Warm
[illegible] add to it an onion, a table-
[illegible] little parsley, and a pickled
[illegible] then allow to simmer for a
[illegible] with browned flour, and

[illegible] cutlets, and remove some
[illegible] which beat them slightly
[illegible]. Have a clear fire, over
[illegible]; rub a little fat

over the bars and then place the cutlets across. Frequently turn the cutlets, and they will be done in about seven or eight minutes. Season with salt and pepper. Place a small piece of butter on each chop and serve.

Hot Calf's Head. This is a very delicate and economical dish. First blanch a head, and then boil it very slowly till the bones can be slipped out. When the head is boned, lay it on a board and spread a forcemeat on it made as follows:—Take some of the tongue, the brains, and a little of the meat, and chop it finely; mix this with a teaspoonful of sweet herbs, a tablespoonful of chopped parsley, and two hard boiled yolks of eggs. Season all with pepper, salt, and a little nutmeg. Mix the stuffing together with some milk or a beaten egg. Roll the head up as tightly as possible, tie in a cloth, and bind it together with a wide tape. Place this in a saucepan with sufficient stock to cover it, and add carrots, onions, and a few bay leaves. Allow this to simmer for three hours, then take it out, and place it on a very hot dish. Afterwards strain the broth.

Roast Loin of Pork. Though a favourite dish with many, it should be borne in mind that it is not as readily digested as beef or mutton. When pork is to be roasted, score the meat with a sharp penknife, or, if the butcher has made a hurried attempt to do this, finish off the work properly. Hang the pork before a clear fire, and frequently turn in order that every portion may be well cooked. When ready, sprinkle with salt, and dredge lightly with flour. Serve as hot as possible with sage and onion stuffing, which may be made in the following way:—Scald the onions with boiling water, and

How to Carve a Fowl.

In order to carve poultry really well, it is necessary to understand something of the anatomy of the bird you intend operating upon. Anybody can cut up a fowl after a fashion, but there is a wide difference between hacking it to pieces in any kind of a way, and carving it neatly and scientifically. Be careful to have a dish large enough to allow for turning the bird right over if required, and provide yourself with a medium-sized and very sharp knife. To carve a fowl proceed as follows :—Place it on its back on the dish with the tail end to your left hand, and the wings close to the body. To hold it firm on the dish, insert the carving fork into its breast, one prong going either side of the breast-bone. Cut off the leg and wing nearest to you, and then slice the breast. To remove the merry-thought, pass the knife across the breast a little to the right of the highest point of the breast bone, and cut down gently. Then turn

the fowl round and cut away the other leg and wing. The fork can be held in the same position all the time. The leg is sometimes divided into two parts, one consisting of the drumstick and the other of the thigh bone. The following recipes will enable the cook to prepare game and fowl in various ways.

Stewed Rabbit. Skin a plump rabbit, and cut off the legs and head. Divide the body into five pieces, and steep for some minutes in cold water, into which put a little salt, and then drain. Brown two ounces of butter, and the same amount of flour; finely mince two onions, put in the pieces of rabbit and allow them to brown both sides. Then add about a pint of second stock, some black pepper, and a little catchup. Put cover on and simmer slowly. If the gravy sets too thick before the rabbit is tender add a little more stock; dish in a circle, neatly placing the sauce in the middle.

Hare, Roast and Stuffed. Skin the hare and then stuff it with grated bread, minced suet and parsley, some sweet herbs, a minced onion, pepper, salt and an egg, mixing all together. Bind and truss under sinews of the hind legs and bring them up to the fore legs. Run a skewer through one of the hind legs, the body and the leg on the other side. Do the same with the fore legs. The head must be skewered back, running a skewer through the back of the head, and fastening it to the shoulders. Around the body fasten a piece of twine to keep it in proper shape. Place the hare before a clear fire, and baste well with butter or well clarified dripping. It will take one hour to roast. Dish and pour melted butter over it, and then serve with red currant jelly in a sauce tureen

Roast Goose. Roast goose with sage and onion stuffing is a savoury and appetising dish, which can be prepared thus:—Peel eight onions, cut them up, and put them in a saucepan with a generous lump of butter, and just a little water to keep them from burning; cover them close, and let them cook until soft. Then put in a saucepan with the onions a heaped teacupful of bread crumbs, a teaspoonful of powdered sage, a teaspoonful of finely-chopped parsley, well seasoned with pepper and salt, and bind it with one whole egg. Stuff the goose, filling the inside only, and roast, in a hot oven, for an hour and a half. Serve with gravy poured over and apple sauce in a sauce-boat.

Curried Fowl. First cut the fowl into nice small joints, and take off any skin. Mix half an ounce of mild curry powder with double that quantity of well-dried flour. Dip each piece of fowl into this mixture and press the powder into it well. Fry a thinly-sliced onion in a little butter, but turn it often to prevent browning, for this dish should be of a light colour. When the onion is tender add a sliced apple and beat it through. Throw these into a stew-pan, and then with more butter fry the fowl, turning it constantly, and cook till the meat is a deep golden colour, well enriched by the butter. Add the meat to the onion, and over all pour by degrees one pint of hot milk. Shake the stew-pan over a clear fire for a few moments, and then let it simmer for about an hour. Skim from time to time. If properly cooked this curry will be perfectly smooth, and the sauce rather thicker than cream. Just before serving, add a squeeze of lemon. Serve with a border of nicely

. If raw fowl be used, stew the fowl two hours.

Potatoes. Generally speaking, vegetables do not contain much food material, because their bulk is largely water, but they possess a great medicinal value and stimulate appetite. The potato is the most popular and valuable vegetable. It contains a large amount of starch and water, and a very small proportion of albumen, and is therefore greatly inferior to pulses and cereals in nutritive value. In it there is scarcely any fatty or nitrogenous substance, and hence the potato has to be eaten with meat, fish, milk, or butter. The best way to cook potatoes is to steam or bake them. If boiled they should always be placed in boiling water, and never in cold, as the outer ring of gluten or vegetable albumen is thereby hardened, thus the water is prevented from entering into the starch in the centre and making the potatoes watery,

fried. Then place on a hot plate, sift over them a salt-spoonful of salt and some pepper, and serve.

New Potatoes. Wash them well in cold water, and scrape them with a knife. Wash again and place them in a saucepan containing boiling water. Sprinkle a teaspoonful of salt into the water, and allow them to boil for from twenty minutes to half-an-hour. Then drain, and put a clean cloth into the pan, so as to cover the potatoes, and let the pan stand on one side of the fire, with the lid on until they are quite dry. Serve the potatoes on a hot dish with some freshly melted butter poured over, and then sprinkle with powdered parsley. To prepare the parsley, dip it into hot water so as to make it very green, then place it in a moderate oven until dry, when it can be powdered by rubbing between the hands.

Cabbages. Cabbages are considered to be digestible if boiled in two waters; boil in the first for about five minutes, then drain, and fill up the saucepan with boiling water, and continue to boil until the cabbage is quite soft. Drain in a colander, squeezing out every drop of moisture, turn into a hot vegetable dish, chop up with a little butter, pepper, and salt, and serve. A handful of salt should be added to the boiling water in each case, and if the water is hard as much carbonate of soda as will lie on a threepenny piece will soften it and give the cabbage a better colour. A cabbage cooked in cream sauce is delicious. Take a medium-sized fresh head of white cabbage, and cut it into quarters after removing the outer green leaves. Cut out the stem from the head, and put the cabbage into a pot of boiling water. Cook for ten minutes; then remove with a skimmer and put

into cold water. When cold, chop fine, season with salt and pepper, add two large tablespoonfuls of butter, a little flour, and a pint of milk. Simmer slowly for nearly an hour, and then serve.

Brussels Sprouts. Allow the sprouts to stand some time in salt and cold water, changing it occasionally. Cut off the stems and pick. Throw them into fast boiling water, adding to each quart one teaspoonful of salt, half a teaspoonful of sugar, and a pinch of soda. Boil fast, with the lid off, and occasionally skim. When done, drain; then add a small piece of butter, pepper and salt, and serve at once.

Carrots. Scrape one pound of carrots, cut into slices and boil till tender; drain well, mix with them two teaspoonfuls of finely chopped parsley, and one ounce of butter. Shake over the fire till hot, then pile in a vegetable dish and serve.

French Beans. Cut the beans into rather small pieces; boil thoroughly in plenty of water with sufficient salt in it. In an enamelled saucepan put a large piece of butter, and pepper and salt to taste. When the butter melts, throw in a little very finely chopped onion. When the onion is just done—you need not wait for it to brown—strain off the water from the beans and put them into the boiling butter and onions. Stir well for a couple of minutes and serve very hot.

Haricot Beans. Take half-a-pint of haricot beans and soak them in water overnight; boil in salt water with a small piece of dripping or fat bacon for about two hours, or until the beans are quite

soft. Drain them; mix an ounce of good salt butter with as much finely chopped parsley as it will take up. Return the beans to the saucepan, put in the butter and parsley, stir till the butter dissolves and is well mixed with the vegetables; then serve.

Tomatoes. There are many dishes in which tomatoes may be used as the chief ingredient. They should always be chosen freshly cut and firm either for cooking or for serving raw. Preserved tomatoes have the merit of retaining their flavour in a wonderful degree, and those which are tinned or bottled may be used as substitutes for fresh tomatoes in any manner in which they are served. Tomatoes may be peeled by dropping them for a few seconds into boiling water, after which the skin will come off readily. As a plain vegetable, tomatoes are much appreciated by the American people, and they are cooked in that country as follows:— Peel, by dropping into boiling water for a few seconds. Cut them up, and place into an enamelled saucepan. Boil them, stirring occasionally, until reduced to a pulp, which will take about fifteen or twenty minutes. If there is a great deal of liquid, as in the case of tinned tomatoes, it should be poured off. Season with salt, pepper, and a pinch of sugar, add a small piece of butter, and serve very hot. Some cooks add a thickening of bread crumbs or rolled cream crackers, and a teaspoonful of grated onion, but this is optional.

Turnips. Wash, peel, and cut each turnip into pieces, placing them in a pot of boiling water, to which add a little salt. Boil quickly until soft, then put them into a sieve, and strain by pressing them in the sieve with a wooden spoon. Then put

them into a stewpan with a little butter, pepper, and salt, and stir until hot and dry. Just before dishing you may add about half-a-cupful of thick cream, and mix well.

Beetroot. Wash well, and do not break, or the colour will be spoiled. Cover the beet in a pan with boiling water, and place on a fire for an hour, or until it is boiled tender. Skin and trim the heads neatly, place in a jar and, when cold, cover with vinegar. Serve in slices in a corner dish, with a little vinegar poured round.

Green Peas. Shell and wash the peas, put them into a stewpan with plenty of boiling water, add salt, a little pounded loaf sugar, and a branch of fresh mint. Boil about twenty minutes; drain in a colander, and dish at once. If allowed to stand in the water after being boiled, peas will lose their colour.

Cauliflowers. Cut some cauliflowers neatly, and lay them for an hour or so in salt and water; rinse them in plenty of cold water; then place them in boiling water with some salt and a pinch of soda, and boil for fifteen or twenty minutes. When you are about to dish them, take them out of the water with a fork or fish-slice, lay them in the dish, and pour butter sauce over them.

There are not many who understand how to make a good salad, for in its preparation many flavours have to be delicately blended. There are very few indeed who are sufficiently skilled enough to select the proper ingredients and manipulate them with the aid of dressing into a palatable relish. The remains of any cold cooked vegetables can be utilised for a salad if covered with mayonnaise sauce and garnished with bits of watercress. For instance, slices of potatoes and carrots, a few beans or peas, and perhaps some small pieces of cauliflower, when dressed in this way form a really excellent accompaniment to cold meat. Here are a few recipes for making appetising salads :—

Salad Dressing. Put the yolks of two eggs in a plate, one teaspoonful of mustard mixed with vinegar, salt to taste, and a pinch of cayenne. With a silver fork stir in oil, drop by drop, until the mixture can be almost lifted from the plate; then add vinegar (a small quantity) and serve.

Tomato Salad. This requires no vinegar owing to the tartness of the tomato. Select about half-a-dozen good sized firm English tomatoes, cut them in slices, take out the green stalk and any hard core, then mash them up in a bowl with oil, pepper, and salt, when they will be ready for serving.

Cauliflower Salad. Boil a head of cauliflower in a fine cheese cloth, and, when cooked enough, remove the cloth; drain the vegetable thoroughly, and sprinkle two tablespoonfuls of lemon juice or vinegar over it, after which set it on one side to cool. When required for table, break the head into flowerets, arrange in a glass dish, scatter some finely chopped parsley over and cover with the following French dressing:—Put half a teaspoonful of salt and quarter of a teaspoonful of white pepper into a bowl, and gradually add six tablespoonfuls of olive oil. Rub this round and round until the salt is all dissolved, then add one tablespoonful of vinegar or lemon juice. Beat well together.

Carrot Salad. Boil till almost tender some fresh young carrots and cut them into thin slices. Wash and clean a lettuce, and shred with fingers the young leaves of the heart; mix these with the carrots; and, after dressing, garnish the whole with chopped ham and lozenges of savoury aspic jelly.

Necessary Preparations.

The making of pastry, pies, and puddings presents difficulties even to the experienced cook, and to be successful in the work requires not only skill but a certain amount of patience and forethought. The first thing a cook should see to is that the oven is properly heated, for baking is half the battle. Before commencing, therefore, see that the oven is clean inside and on the top, and make up a good fire. This done, place everything alongside that you are likely to require, such as the pasteboard, rolling-pin, pastry basin, a jug of water, the flour, suet, butter or fat, a knife, some baking powder, and as many pie dishes as are needed. Before making the pastry, prepare the fruit if you are about to make fruit tarts. This is done by wiping the

fruit and removing the stalks; or, if apples are to be used, pare, core, and cut them into thin slices.

Paste Making. Having prepared the dishes and seen that everything is scrupulously clean, including your hands, weigh the flour, carefully examine it, and put it into the pastry basin with a teaspoonful of baking powder; next break up the dripping—if very hard, cut it into thin slices with a knife, but do not warm it—and rub it gently into the flour with the tips of your fingers till it looks like fine bread crumbs. Then add water (or milk, which makes a much better paste) by degrees, working the paste with the knife. Do not make it too wet; it should only be moistened enough to hold it together. Flour your hands as well as the board and rolling pin just sufficient to prevent sticking, but take care not to use too much flour. Divide the paste into as many portions as required and roll it out until it is a quarter of an inch thick, or perhaps a little more if a substantial crust is required. The pastry should be the same shape as the pie dish, but a little larger. Cut a strip about an inch wide from the outside, wet the edge of the dish, and lay this on. Then take the other piece already rolled out and cover the pie, pressing the edges firmly together. Take the pie dish in your left hand, dip the knife in the flour, and cut the edges, keeping the blade of the knife slanted outwards, so that the crust is left just slightly larger than the dish to allow for shrinkage in the baking process. You may ornament the edges with the knife, but do not put any designs on the top, except in the case of meat pies. For a plain every-day crust, one-third as much fat as flour will be sufficient, but if baking powder is used less fat will be needed. Always put the sugar in the centre of the fruit,

[illegible] stick to the crust. A little [illegible] sugar-dust may be sprinkled on the [illegible] which will improve the appearance of the tart. [illegible] improved by the addition of a few [illegible] When made, the pastry should [illegible] and when it has risen and [illegible] may be moved a little way from the [illegible] however, take the pastry out of the [illegible] thoroughly done, as underdone [illegible] and unwholesome. Good pastry may [illegible] most inexperienced by adopting the

Sunlight Rules for Baking.

See that everything used is scrupulously clean and dry. [illegible] you can get for mixing purposes. [illegible] in hot weather; select the [illegible] place.

[illegible] be briskly heated, but see that the heat is [illegible] the pastry will burn.

Get a marble slab if you can, for mixing your pastry on; it is better than a board.

To prevent pastry sticking, you should never use more flour after mixing than is absolutely necessary. Select the whitest flour you can get for pastry, as it is the best for that purpose.

Open the oven door as seldom as possible after placing the pastry to bake, and shut it as soon and as gently as you can, as a sudden change of temperature will injure the pastry. Always leave pastry in long enough to get thoroughly baked; half-baked pastry is indigestible as well as insipid.

Puff pastry can best be made with Vienna flour. All kinds of flour may be improved by passing it through a wire sieve, as this allows the air to get into it and removes any lumps.

If these rules are followed, good pastry can be produced with very little trouble. With regard to puddings, there are various ways of making them. When crust is used, it is rolled out, and a buttered pudding basin lined with a portion of it. The meat or fruit is then laid in, a little water added, a top crust carefully joined on, and on being covered with a cloth, first wrung out of boiling water and then floured, it is tied down and put into boiling water, or into a steamer which is better. Puddings are also made by rolling out a crust, placing the meat or fruit in the middle, joining the edges of the paste together, tying it up in a floured cloth, and boiling it. Some are called rolly-poly puddings, and are made by rolling out the paste, and spreading it over longwise with treacle, preserves, etc.; then the pudding is rolled up, tied in a cloth, and boiled, or merely put as it is into an oven, and baked.

Puddings should always be well-boiled. Meat and fresh fruit puddings require nearly an hour's boiling for each pound weight, Christmas puddings, half as much more, whilst lighter puddings—such as custard, bread, rice, tapioca, sago, &c.—require, of course, much less time. Dumplings are made of dough or paste fashioned into balls, and may be either boiled or baked. Raisins, currants, apples, and other fruit may be added to the paste. When dumplings are boiled, half-an-hour from the time they begin to boil is quite long enough for moderate sized ones. The recipes given will guide the cook in the preparation of some appetising pies and puddings.

Apple Pudding. Peel and core six good cooking apples. Put them in a saucepan with a teacupful of sugar, the thinly cut rind and juice of a lemon, a two-inch piece of stick cinnamon, and a tablespoonful of water. Cover closely, and stir the apples until tender. Then butter a pie dish and line it with slices of bread cut about half-an-inch thick and buttered on each side; generously sprinkle the bread with sugar. When the apples are thoroughly boiled to a pulp, place a layer of apples on the bread, and then a layer of the well-buttered bread. Repeat this process until the pie-dish is full, with a cover at the top of bread liberally buttered and sugared. Bake for about three quarters of an hour, but see that the oven is not too hot.

Date Pudding. Soak six stale sponge cakes in sufficient milk to moisten them. Stone a quarter of a pound of dates, and cut into thin strips. Beat up the cakes with a fork, add the dates, one and a half ounces of granulated sugar, the grated rind of a lemon, and one well-beaten egg. Put into a buttered pie dish and bake for about half-an-hour.

Marmalade Pudding. Beat together to a cream, three ounces each of butter and sugar. Mix in three ounces of bread crumbs, and one or two well-beaten eggs, and two tablespoonfuls of marmalade. Beat the ingredients together till very light, and bake in a buttered pie dish.

Lemon Pie. Put a teacupful of sugar in a saucepan, with the grated rind and juice of two lemons, a lump of butter as large as the bowl of a dessert spoon; let this simmer on the stove until

the sugar is dissolved and becomes like syrup; cool and mix in the yolk of three eggs. Line a pie dish with a nice short paste made with two ounces of butter or dripping, and four ounces of flour; mix into a dough with cold water, wet the edges of the dish to make the paste adhere. Keep well on the top, or it will slip down in baking. Pour the prepared lemon and eggs into the paste-lined dish and bake in a hot oven half-an-hour. Beat up the whites of eggs to a stiff froth; mix in lightly four tablespoonfuls of white powdered sugar, put this in spoonfuls over the top of the baked pie; set in the oven leaving the door open to get a delicate brown, and crisp.

Milk Puddings. Sago, rice, semolina, and tapioca are all made in the same way; two tablespoonsful of either and one pint of milk make a pudding sufficient for three or four persons. Melt a small piece of butter in a saucepan, then pour in the milk, sweetened and flavoured to taste, and allow it to come to a boil. When boiling, sprinkle in the grain and let it cook fifteen minutes, stirring all the time, or it will burn. Then pour this into a greased pie dish and set in a moderate oven for a quarter of an hour to brown.

Lemon Pudding. Put into a basin quarter of a pound of fine bread crumbs, the same quantity of carefully chopped suet, the same of pounded loaf sugar, the rind (grated) and portion of one lemon. Beat up two eggs and add these to the mixture, put it into a well-greased mould or basin, cover it with a buttered paper, and steam for three hours. Castor sugar should be sifted over it before serving, and sweet sauce may be poured round if desired.

Rhubarb Pudding. Stew a pound and a half of rhubarb with a tiny piece of lemon rind till cooked. Then line a pie dish with slices of stale bread, cut thin, and without crust. Put in a layer of rhubarb and then a layer of bread, and so on until the bread and fruit are all used up. Over all pour half a pint of boiled custard, and serve at once.

Cabinet Pudding. A plain cabinet pudding is made with any stale cake you may have. Failing this, use bread crumbs, a few raisins, two eggs, a pint of milk, and a little sugar. Butter the pudding basin well, stone the raisins, and arrange them in a pattern at the bottom and down the sides of it. If preferred, a little candied peel can be used, but if it is for the children's dinner this is best left out. Beat up the eggs separately, and mix them with the milk; add this to a breakfastcupful of grated sponge cake or bread crumbs and a little sugar, and pour all into a basin. Cover it with a buttered paper which must be twisted round close to the top of the basin, and stand it in a saucepan containing boiling water to the depth of an inch or rather more. This should only simmer, and will, of course, require replenishing, which must be done from time to time. In about an hour and a quarter it will be cooked, and should then be taken up, turned out, and served with sweet sauce.

Plum Pudding. A good, yet economical, plum pudding can be made with a quarter pound of suet, six ounces of flour, six ounces of bread crumbs, quarter pound of sugar, half pound of raisins, or, if preferred, quarter pound each of currants and raisins, two ounces mixed peel, teaspoonful of

baking powder, half a saltspoonful of mixed spice, and a little milk or water to mix. For those who like a rich pudding, allow six ounces of suet, but the quantity first mentioned makes a very good pudding for any ordinary purpose. Chop the suet finely, and put this with the flour carefully weighed, baking powder, sugar and spice into a perfectly clean and dry basin. Stone and chop the plums, and add them to the other ingredients in the basin; by chopping the plums, the pudding will have a darker and richer appearance than would otherwise be the case. Before wetting the mixture see that the saucepan boils, and well grease the pudding basin. This done, add enough milk or water—either will do—to make the mixture into a stiff paste; do not fall into the common error of making it too wet. Mix well and put it into the basin, which must only be large enough to take it, for if it is not well filled the water will set in and it will be "pappy" at the top, which is very unpleasant. Tie a floured cloth firmly on, letting the strings twine round the basin; knot at the top and plunge at once into the boiling water. Have a kettle at the side to replenish the water from time to time, and let the pudding boil for four or five hours.

Selection of Fruits.

Fruit is an excellent as well as an important food, and, if only for its medicinal properties, it ought to be eaten in some form or other each day by young and old. Discrimination should, however, be used in the selection of fruits—for instance, oranges, prunes, and figs should be avoided by those who suffer from affections of the liver. It is always well to understand the value and qualities of various fruits, so that they may be advantageously partaken of as food. Oranges are refreshing and feeding; dried figs contain nerve and muscle food; prunes supply a good brain food, but do not contain muscle food; apples supply the highest nerve and muscle food, but do not give stay.

How and When to Preserve Fruit.

Fruits which are not taken as food in their natural state may be preserved and used when required. Strawberries, gooseberries, black, red, and white currants are fit for preserving in June and July; raspberries in July, and often in August; plums, greengages, and apricots from August to the end of September, and apples, quinces, medlars, and rowans from the end of August to November, according to the season. Delicious preserves may also be made from blackberries, sloes, bullaces, etc. Jam is, of course, the most common method of preserving fruits, and, where preserve-making is a regular part of the housekeeping, a small outfit should be specially kept for this purpose. A preserving pan made of copper or bell metal is best, as enamel and other pans are liable to burn and chip. Also have a couple of fine hair sieves, two or three squares of coarse, clean muslin, and three or four wooden spoons of varying sizes and lengths. Tin, iron or pewter should not come in contact with the jam, or the colour will be spoiled. Every utensil used in the process of preserving should be spotlessly clean. Only pure cane sugar should be used for preserving purposes; the fruit should not be over or under ripe, and damaged fruit should never be used. Every cook has her own particular methods for making jam, but we would urge young and inexperienced jam-makers to give their whole attention to the fruit whilst it is in the boiling stage. It should be stirred very frequently when boiling, and allowed to boil rapidly the whole of the time it is on the fire. This will cause any water to evaporate, which, if left in, would cause the preserves to become mouldy in a little time after being put into pots. Stir the

scum off the top when necessary. You will know when the jam has been boiling long enough by its sticking to the spoon and falling from it in drops when the spoon is held up. The smell will also indicate that it has been sufficiently boiled, and, moreover, if a little of the jam is put on a cold plate it will quickly set. When thoroughly boiled, pour the jam into dry, warm jars at once, and leave it until the following day, when very often a skin will be found to have formed on the top. This skin should be allowed to remain, and if the jars are covered over with paper, and firmly tied so as to exclude the air, the jam will keep for a very long time. A cool, dry place is necessary in which to store the jars, and, when once stored, they should never be moved until they are required for use. The following recipes will interest many who are desirous of making jams, jellies, etc.

Black Currant Jam. A great fault with this jam is that it is usually too dry, black currants, particularly in dry seasons, being somewhat deficient in juice. This defect can, however, be obviated by using a certain proportion of red currant juice with the black fruit. Allow a pound of sugar to each pound of currants, stir slowly till it boils, and take up after boiling for five minutes. If a cheaper kind of juice than red currant is desired it can be made in the following way :—Cut some rhubarb without peeling it, put it to stew with a little water and no sugar until soft, and it will be found very juicy. Strain away the juice—which should be of a deep pink colour—measure it, and allow a pint to every three pounds of fruit, weighed after stripping from the stalks Boil the fruit and juice together, add the sugar. which should be hot, and finish off as for other jams.

Raspberry Syrup. Mash the berries; let them stand three days, well covered, and stir them each day twice; then enclose in cheese cloth, press out all the juice, allow them to stand in order to settle, pour off the top, and measure. Add to each pint of juice one tablespoonful of lemon juice, and one pound of sugar. When sufficiently boiled, bottle and cork. Other berries can also be prepared in a similar way.

Apple Jelly. Take about thirty good-sized apples, rub them with a dry cloth, cut them into quarters without peeling them, throw them into cold water slightly acidulated with lemon juice. When all are cut and ready, put the apples into a large preserving pan, just cover them with cold water, squeeze a lemon into the same to preserve the whiteness of the fruit and boil for twenty-five minutes without stirring. Pour the mixture into a hair sieve, and when the juice has all drained into a basin placed underneath for the purpose, strain it through thick muslin, allowing to every pound of juice one pound of sugar. Boil this together for fifteen minutes, skimming it carefully when necessary; add some small thin strips of lemon rind, previously boiled in a little water, or, if preferred, flavour with vanilla. Or slice about 12 lbs. of grey russets, put them into a preserving pan with five quarts of boiling water and the juice of two large lemons, stir this over a brisk fire while it boils till reduced to a pulp; filter three times through jelly bags, weigh the juice, return it to the pan with about one pound of the best loaf sugar to every 20 ozs. of juice, put over the fire to boil till the jelly hangs from the skimmer. It can then be put into pots.

when it will be ready. Another good way to make marmalade is to take one dozen oranges and two lemons, and rub them with a rough towel. Divide them lengthwise into quarters, remove the seeds, and cut them into very thin slices. Weigh the fruit and place it in a basin with cold water, allowing three pints to each pound. Let it stand twenty-four hours, after which put it on in a clean brass pan. Boil till tender, and set it aside in a basin for another twenty-four hours. Weigh it again, then put it on, allowing one pound and a half of loaf sugar to the pound, and boil it for some minutes until it becomes a jelly.

PART V.

The Art of Beauty.

1. BEAUTY.
2. HEALTH.
3. THE COMPLEXION.
4. THE ALPHABET OF THE TOILET.

I.

Beauty.

"Beauty armed with virtue, bows the soul
With a commanding but a sweet control."—PERCIVAL.

Beauty—Real and Ideal.

What Beauty is, or what it is not, is well nigh impossible for any ordinary individual to define. To set up a standard of beauty would be an attempt doomed to failure. Every nation has its own type of beauty, and every other type seems ugliness to its æsthetic sense. The Japs, the Hindoos, the Arabs, and the Negroes have all their individual conceptions more or less vague as to what constitutes the essence of Beauty. But this is not only true with regard to nations, it is likewise true with regard to the individual units of each nation. Beauty is as elusive as the will o' the wisp or the fire-fly. The philosophers of all civilised races have, at some time or other in their earthly career, discussed in calm unimpassioned style the various phases or accidents of Beauty, but they have failed to convey to us any adequate portrait of what we consider to be true, real, and ideal beauty. Plato says it consists of proportion and symmetry. Cicero says the same thing practically, in other words, when he avers that beauty is uniformity and agreement. Hogarth advanced a further when he spoke of beauty as characterise

wave-lines and curves. Burke, the great orator, never made a weaker definition than when he spoke of beauty as "little, smooth, delicate, and fragile." Sir Joshua Reynolds came nearer the truth when he declared that beauty lay in ordinary, everyday, common-place life. Beauty is found in everything, even in the commonest, most everyday things, if we have but the eye to discern it.

The Sixth Sense.

In cultivated classes, the perception of the beautiful has given rise to what may be termed the sixth sense. Anything that offends against this sense is easily discerned, and causes a momentary shock to the sensitive nature. The desire to be beautiful, therefore, is not an unworthy one; for beauty, whatever its characteristics may be, is the blossom of a healthy nature, and gives pleasure to all who behold it. There are still some Puritanical natures by whom beauty is considered an evil and a snare, but the arguments or reasons set forth by these detractors of beauty will not bear a moment's examination.

Did He Who painted the land and sea scapes in such gorgeous tones and tints, or bejewelled field and hedgerow with a myriad flowers, create these things to give His creatures pleasure, or only to lead them astray from their true destiny? The occasional glimpse of a beautiful being, whether man or woman, comes always as a revelation of the infinite possibilities of the human race, of its innate grandeur and sublimity, and ought to inspire us to higher, better, and nobler lives, and to renewed endeavours to retain what our forefathers and we ourselves, through neglect of moral or of physical laws, have in a measure lost—beauty of form, of feature, and of complexion.

There are many phases of beauty which are necessarily comprised in the highest form of Ideal Beauty. There is first and foremost the beauty of goodness, then the beauty of intellect, the beauty of form, the beauty of strength, of grace, of expression, of symmetry and proportion—each one of which is dependent on the rest for its highest development. The beauty of goodness is admirable and its worth priceless, yet, if it be reft of the co-operation of one or more of the other phases of beauty, it is heavily handicapped. The beauty of intellect, without that of goodness, becomes ugliness; and the beauty of physique and feature, without that of intellect, flat and insipid.

Quaint Definition of Beauty.

The Arabs have a peculiar way of defining a beautiful woman, and the definition is certainly worthy of consideration. According to them a woman should have:—

Black hair.	White skin.	Red tongue.	Round head.
Black eyebrows.	White teeth.	Red lips.	Round neck.
Black eyelashes.	White eyeball.	Red cheeks.	Round ankles.
Black pupils.			Round waist.
Long fingers.	Large forehead.	Narrow eyebrows.	Small ears.
Long back.	Large eyes.	Narrow nose.	Small bust.
Long arms.	Large lips.	Narrow feet.	Small hands.
Long limbs.			

This, of course, is rather a crude, infantile manner in which to describe a beautiful woman's physical perfections, but a great many of the qualities viewed by the Arab as essential will be found to coincide with the ideas of some amongst us on the subject.

Supposing it were possible, however, for one woman to combine every physical perfection, there would yet be something wanted to give life to the whole, a[illegible] *Soul*. Without the clear, steady beam of

intelligence in the eye, and the charm of a sweet, sympathetic expression on the face, the most lovely features are little better than those of a painted waxen image. Every woman who is anxious to please by her personal attractions—and what woman is not?—should make a note of this. The cultivation of the mind is one of the best means of cultivating and preserving whatever personal attraction one may possess. The human face is given to its possessor in a plastic state in youth, thought is the chisel by which we carve therein beauty of line or the reverse.

> "*All thoughts, all passions, all delights,*
> *Whatever stirs this mortal frame,*"

leave an indelible trace on the features, and according as the inner life of the soul is lovely or unlovely will good looks be preserved or destroyed. "A soul that is in harmony with all that is true, all that is beautiful, all that is worth striving for in life, will," says a writer, "reflect these things on the features in radiant lines, that are unmistakably lines of beauty, whatever the contour of those features may be."

II.

Health as an Aid to Beauty.

Beauty is the blossom of a sound constitution, and it naturally follows that as a healthy body may be attained by systematic cultivation so may beauty in a certain measure be cultivated. Of course one cannot alter the features with which Nature has endowed us: it would be folly to try; but there are many other factors which contribute to personal attractiveness, factors whose services it is comparatively easy to secure, and one of the greatest of these factors is health. One can easily know whether the body is in perfect health or not. Nature is ever ready to warn us when anything is going wrong. In a healthy condition the organs of the

body do their work with regularity and unconsciousness, without ever calling attention to what they are doing. The moment we become conscious that we have certain organs within us, that moment we know for a certainty that there is something wrong, it is Nature's danger signal which we cannot afford to disregard.

The way the organs of the body warn the brain that all is not well is by means of the nerves. The nervous system is an extremely beautiful and delicate organisation which, for want of a better simile, may not inaptly be likened to a system of telegraph wires which communicate to the head-office, the brain, the daily news from all parts of the body. If the news the nerves communicate to the brain be of a painful nature we may be convinced that we are not in good health. Silent or sound nerves in fine are a sign of good health, and consequently sound nerves go to make for beauty. The nervous disorders of the present day are becoming so numerous as to make one doubt whether or not civilization, or more correctly our modern mode of existence, is an unmixed blessing. Paralysis, epilepsy, catalepsy, dyspepsia, melancholia, headache, weakness of will, irritability of temper, timidity—are all owing to a defective nervous system. A lowered nervous system is nearly always due to malnutrition of the nerve centres, and that malnutrition is the consequence of *poor blood.*

Aids to Beauty.

We have thus reached the second link in our chain of reasoning. *Good blood* is absolutely necessary if we would have good health. It remains to be seen how we may secure a good quality of that vital principle. This has already been referred to, but it is worth a little repetition.

In the first place what is wanted to produce good blood is good, wholesome food. (See chapter on the comparative value of foods). Food is converted by the digestive organs into a kind of white blood called *chyle*, and these organs will do their duty more efficiently if the food is good and nutritive, and with little or no waste. This white blood or *chyle* is converted by the oxygen imbibed by breathing in the lungs into the rich red arterial blood which nourishes every tissue of the body, and helps to build up the constitution of the human frame. This leads us to the third link in our chain. We want good oxygen to make good blood. To get plenty of good oxygen we must breathe plenty of fresh pure air. It is a capital practice to have regular breathing exercises first thing after the morning tub. Many—a great many—of the pale, sickly-looking complexions we see around us are due to no other cause than defective or deficient breathing, or to breathing impure air. "Every breath of impure air," says Professor Ransome, "endangers the health and takes away energy from the body; we cannot breathe any portion of the air that has already passed through the lungs without harbouring the seeds of that fearful disease—consumption."

Rational and Regular Exercise.

Wholesome food, and fresh air are, therefore, prime requisites for the building up of a healthy body. But the nutriment these two supply through the blood cannot be fully made use of, or absorbed into the tissues of the body without the regular exercise of all the body's muscles. A graceful and easy carriage adds no little to a woman's charms, besides assisting in a great measure in rounding and developing the figure and preserving its natural symmetry. And grace of movement secured by a rational and regular exercise. He

purpose an expensive apparatus is not needed. A pair of light dumb-bells, a chest expander, or the well-known pulley weights are all that is needed for indoor exercise. It is as well in exercising the body not to overtax oneself, as over-fatigue is prejudicial rather than beneficial. The best of all exercises are to be had in the open air, such as cycling, golf, tennis, boating, hockey, etc. Exercise under such conditions, where the lungs can imbibe pure, sweet, life-giving air, causes the blood to rush tingling through the veins, suffuses the cheeks with a healthy roseate flush, and makes the eyes sparkle with a bright happy glow. The circulation is benefited by outdoor exercise to an incalculable extent, and the body clears itself of many noxious humours by the increased activity of the perspiration glands and pores.

To gain elasticity of tread the practice of the following simple exercise is good. Rise slowly on the toes and gradually lower the heels until they touch the floor again. Repeat this movement for five minutes. Keep the body erect and the chest expanded. This exercise develops the muscles of the insteps. You cannot expect a person who is flat-footed to walk gracefully, and a graceful carriage is, we repeat, the secret of symmetrical development.

Finally the health of the mind influences the health of the body. One should cultivate a cheerful disposition, court cheerful society, read pure inspiring literature, and avoid all that tends to lower high ideals. Above all, don't worry! Worry kills, worry gradually but surely eats away the cells of the brain, and not infrequently is the forerunner of paralysis and other distressing nerve maladies.

III.

The Complexion.

"A fair exterior is a silent recommendation."—PUBLIUS SYRUS.

Why Beauty is not Universal.

Physical beauty may for convenience sake be divided into two classes—Beauty of form and beauty of complexion. There is something indefinably attractive about a well-developed figure, every part of which is perfectly proportioned and symmetrical from the exquisitely poised head down to the dainty feet, but there are few who will deny the greater charm of a beautiful complexion. Who does not know, who has not admired the fresh beauty of a clear and healthy skin with its complexion of milk and roses, glowing with the freshness of youth? Whereas a beautiful figure or lovely features may be marred by a dull complexion, a beautiful complexion brightens the most common cast

of countenances. How is it, seeing that Nature intended everyone to possess a pleasing face, that there are so many faces that are anything but pleasing? The dull, muddy complexions—the greasy, flabby skins, blemished with pimples, blotches and "blackheads"—which are to be observed so frequently in our large towns and cities, are all the more puzzling when we consider that almost everyone as a child had a delightful pink and white complexion. The reason is not far to seek. We have already in the last chapter referred to the influence of pure air, wholesome food, and moderate exercise on the health, and consequently the beauty of the body, and if these are not attended to a good complexion cannot be preserved. But there is one thing that is perhaps as potent as any in its influence on the skin, and that is cleanliness. Before we can properly understand and appreciate the value of cleanliness as a conserver of the complexion, we ought to know something about the skin and its functions.

The Purposes of the Skin.

The skin is composed of two layers—the inner, or sensitive skin, and the outer, or scarf skin. In the latter is secreted the colouring matter of the complexion, and to this, combined with the function of the perspiration pores and oil glands, we must give attention if we would have and keep a clear pink and white complexion. The perspiratory system lays claim to as many as 3,000 pores in one square inch of the skin of the body, and this is repeated in a greater or lesser degree over the entire surface of the body. The object of perspiration is—first, to regulate the temperature of the body, and in this respect the pores are like so many safety valves, which let off surplus heat in the form of sweat; and secondly to throw off from the body matter that, having

performed its natural work, is now obnoxious or unnecessary to life. Interference with its action, whether through excess of perspiration, through a check to its natural flow, or through want of proper cleansing, means a state of disease of the skin, which, consequently, has an unfavourable influence on the complexion. The system of oil glands is the second great porous system of the skin, the product of which is to protect the surface of the skin and to keep it soft and pliant. When there is an excess of this oily product diffused over the skin the result is what is known as "greasy or shiny skin." When in addition to increase in quantity there is an alteration in quality of the oily product, whereby it acquires a disposition to adhere to the skin and dry it up, a crust is formed which, from the nature of its connection with the parts beneath, causes the skin to form in folds, and thus we have wrinkles. Where there is torpidity of the oil glands or dryness of the oily product, the oily substance is retained in the glands, and these are stretched, producing *coarseness of skin*; again the dried oily product in the enlarged pores collects the smoke and dirt of town atmosphere, resulting in "blackheads;" or else an inflammation of the oil glands, and the surrounding skin arises, and thus we have on the forehead, face, and neck the well-known pimples called "acne." To sum up, the skin is a highly complex and delicate organism which has six duties to perform.

1. It protects the natural organs of the body, and serves, therefore, *as a shield.*

2. It conveys, by means of the nerves, the impression it receives from outside through the spinal column, acting thus *as a sentinel* to warn us of approaching danger.

3. It *generates perspiration* and an oily substance.

4. It *gives out perspiration* or sweat containing waste or harmful matter of the body from the blood; thus not only serving *as a blood purifier*, but as a safety valve to regulate the temperature of the body.

5. It gives out an oily substance to keep the skin soft and pliant.

6. It is *a breathing organ.* If all the pores of the body were stopped up, we should be *suffocated through lack of air.*

The complex and vitally important nature of the skin is thus apparent. Interference with the function of the skin thus briefly described means disease, and if the skin be diseased, even in those parts of the body which are not ordinarily exposed to public gaze, we cannot hope to have a fresh complexion.

A Healthy Skin.

How then shall we secure for the skin a maximum of health? We need not recapitulate the value of air, food, and exercise; our attention here must be drawn to the fourth requisite for a healthy skin—the need of perfect cleanliness. Now, to perform our ablutions, what we need first of all is clear, soft water. The value of water cannot, indeed, be over-estimated. It is truly one of the most grateful and comforting gifts which Nature has ever bestowed on man. So greatly were its virtues esteemed by people of ancient Greece and Rome that the rivers of these two countries were held to be under the protection of divers deities with their attendant nymphs; even at the present day, the River Ganges, in India, is adored by the followers of Brahma.

After clear, limpid water, the next essential is a *perfectly pure skin soap.* To understand what a perfectly pure skin soap is, we must first of all know what soap is needed for. The three functions of a skin soap are:—1. To remove dirt. 2. To impart freshness to the skin. 3. To give tone or strength to the skin. Now, most soaps will do the first of these, that is, remove dirt; but how many soaps fulfil the latter duties? How many soaps do more than we bargained for by injuring the texture of the skin? Soaps may be conveniently divided into three classes:—1, the distinctly harmful; 2, the merely harmless; 3, the directly beneficial. No sensible person would, of course, use the first of these—the *distinctly harmful*—though one is oftentimes deceived by the dainty fashion in which such soaps are got up for sale. As regards the *merely harmless*, there is no real or substantial advantage accruing from its use; it merely clears away surface impurities and does nothing more.

There remains the third to be considered—*the directly beneficial.* In the first place to be *directly beneficial* it is *absolutely* necessary that the soap must be perfectly pure. There can be no doubt that the folly of using impure, adulterated, strong chemical soaps on the sensitive skin is largely accountable for skin troubles. To give proper care to the skin and its requirements, the very first necessity is to select a soap specially made for the skin from the purest of edible oils and fats, and clarified to the highest degree of perfection.

In the second place to be *directly beneficial* it is absolutely necessary that not only should the ingredients be pure, that they should be compounded on a scientific know

of the skin, care being taken that the exact balance of materials is maintained requisite to thoroughly but mildly cleanse the delicate pores of the skin.

In the third place, to be *directly beneficial* it is absolutely necessary that the soap be so compounded that it shall supply a refreshing, restoring, strengthening and soothing balm to the skin. If such a soap be in constant use the skin will soon begin to glow with a beauty of health, and the user need no longer dread from this source the unsightly pimples, blotches, and blackheads which are found on torpid, flabby, and unhealthy skins.

The Face.

Whilst dealing with soap and water as the two essentials for the proper cleansing of the skin and the preservation of its complexion, it would be as well to point out that there is a right and wrong way of washing the face. The right way to wash the face is as follows: First, dip the face in clear fresh water, and then the hands. Soap the hands well with STARLIGHT Royal Toilet SOAP, and rub the face and neck well with a little gentle friction. Dip the face in the water a second time to remove the soap and rinse thoroughly. If it is convenient it is as well to have a fresh supply of clear water before beginning to rinse away the soap. No sponge or flannel should be used. The hands are the softest and most perfect means by which to carry the soap well over the face and neck, the fingers being able to penetrate where the sponge would be of little or no use, especially about the eyes. The towel used should neither be coarse nor too thin. With the latter neither face nor hands can be properly dried; and with the former the coarseness prevents the proper applications of that friction which is so helpful to the circulation.

IV.

Alphabet of the Toilet.

Acne Is due more or less to excessive eating and poor food, also to neglect of the skin and imperfect cleanliness. A lotion of two parts of vinegar to one of water will do good, bathing the parts two or three times a day. At night wash the face with warm water and STARLIGHT ROYAL TOILET SOAP, rubbing into the spots a little sulphur ointment. To prevent Acne, pay proper attention to diet, taking plain wholesome food, and stimulate the action of the glands of the skin by using STARLIGHT ROYAL TOILET SOAP.

Blackheads are produced by the clogging of the pores with dust and other foreign matter, owing to the unhealthy condition of the skin. To cure, open and free the pores by steaming the skin. A vigorous application of hot water and STARLIGHT ROYAL TOILET SOAP will generally prove beneficial in removing them. When this has been done, gently press the skin around the pore and squeeze out its contents. Unless the skin is softened by steaming or bathing, there is a tendency of the pore to remain enlarged, thus offering shelter to another accumulation of foreign matter.

Bad Breath is the result of bad teeth, a disorganised stomach, or a disease in the nostrils. Hence cachous and other quack remedies for bad breath are at best only temporary in their effect. Cleanliness, a proper diet, and the ordinary precautions to ensure health will generally prevent and cure a bad breath.

Baldness. (To prevent, or cure if the hair roots be not destroyed.) Take equal parts of crude cod-liver oil and juice squeezed from a Spanish onion, with the yolk of two eggs. Whisk all well, and rub a little in every day. May be scented if desired.

Baths are varied in their action on the skin, according to their nature. To those who have not given this subject serious thought it is as well to give the following advice :—Never have a bath immediately after a meal, or it will materially interfere with the digestion. Baths too hot or too cold are equally bad. Very hot baths cause undue perspiration, inducing faintness, giddiness, palpitation, etc., whilst very cold baths impart such a shock to the system that even the reaction does not always restore equilibrium. A tepid bath is the most useful, as well as the most beneficial that can be had. Whether the object of the bath be merely to cleanse or impart tone to the skin, soap is indispensable. Choose a soap that has been specially prepared not only to cleanse, but to give freshness and a health-glow to the skin, and to act as a soothing emollient and skin tonic. When taking a bath, apply the water well over the skin before using any soap whatever. If the water is hard, the requisite degree of softness can be obtained by dissolving from half to one packet of LUX in a gallon of hot water and adding it to the water in

the bath. A tepid bath, using STARLIGHT ROYAL TOILET SOAP, is one of the best means of preserving the beauty of the skin.

Bruises. If the skin is not broken, rub with fresh butter, olive oil, or tincture of arnica, * and apply frequently for an hour or two. A black eye may be prevented by this treatment if applied in time. If, however, the skin is broken, bathe in water mixed with tincture of marigold. Raise bruised part to keep blood pressure off.

Beauty Doctors. London and most large provincial cities have during recent years been over-run with skin specialists and "beauty doctors," who have reaped and are reaping a rich harvest from ladies who imagine that personal attractions can be enhanced by quack remedies. Such things as sleeping masks, face-bleaching, skin-stretchers, nose-machines—to name a few—are the paraphernalia of these people. At best they are but temporary contrivances, and the harm they do in the long run cannot be adequately estimated. The best of all beauty doctors are Dr.

"STARLIGHT ROYAL TOILET SOAP is the Soap for the Complexion."

* Arnica sometimes produces a skin eruption like eczema, and should be used with caution by those who have not tried it before.

Diet, Dr. Fresh-air, Dr. Exercise, and STARLIGHT ROYAL TOILET SOAP.

Chapped Hands. Everyone is liable at some time or other to have chapped hands. Chapped hands are very disagreeable, and a fatty substance is the most suitable remedy, owing to its soothing and emollient nature. Warm water should not be used if the hands show any signs of chapping. A rich creamy lather of STARLIGHT ROYAL TOILET SOAP, which is a skin tonic, will contribute, if well rubbed into skin, as much as anything to the cure and prevention of chapping. See also under the heading of "Glycerine."

Circulation. A defective circulation exposes those who are so afflicted with it to intense discomfort during cold weather. To improve the circulation, a tepid bath should be taken first thing in the morning, briskly rubbing the body dry with a large soft towel. Regular lung and muscular exercise in moderation will help to improve the circulation. Breathe deeply, eat well, and avoid over-fatigue.

Complexions would be improved if plain living were more the vogue. It is wonderful what an effect watercress, lettuce, celery, &c., have in making the skin clear, bright, and healthy. Those who value a clear complexion should remember that sleeping in hot rooms and under heavy bedclothes spoils and dulls the complexion.

Copperas is the result of too great a quantity of blood in the facial veins. Everything that causes the blood to rush to the face should, therefore, be avoided; as for instance, cold feet, constipation,

indigestion, intense heat or cold. To prevent, wash the face regularly with STARLIGHT ROYAL TOILET SOAP, which stimulates the action of the glands, induces circulation, and thus disperses accumulation of bad blood.

Dandruff. To remove dandruff use the following lotion once a week:—Borax two drams, sesqui-carbonate of ammonia one dram, sulphuric acid one dram, rectified spirits of wine two ounces, rose water twelve ounces. Rub the head until a lather is produced, and rinse with warm water. When the hair is completely dry, brush for five or ten minutes. Once rid of dandruff the scalp may be kept free by brushing regularly every night.

Digestion has a greater influence on the complexion than most people imagine. According as the digestive organs do their work efficiently or otherwise will the blood be of good or poor quality. Proper and careful dietary should therefore be studied. The habit of taking meals at regular and fixed times is advocated, as irregularity and eating between meals upset the economy of the stomach. Avoid rich highly-seasoned food. On the other hand, see that the food is really appetising. If food is eaten with a relish the salivary glands in the mouth secrete more saliva, and this uniting with the food aids digestion.

Eczema. This, the most common form of skin disease, may be cured by the adoption of the following treatment: Keep the affected parts moist with lint or linen saturated in a very weak solution of alkali, consisting of half a dram of subcarbonate of soda to a pint of water; cover the lint with oil silk so as to prevent

evaporation. This treatment will subdue irritation and tend to prevent the accumulation of scabs. After a time the eruption will lose its fiery red hue and resume the ordinary colour of healthy skin. Never use common or strongly chemicalized soaps on the tender skin as such soaps tend to eczema. Use STARLIGHT ROYAL TOILET SOAP—a soap of guaranteed purity and efficiency, which is delightfully soothing in its effect on the skin.

Eyes. To Brighten the eyes bathe them frequently in cold water. Do not work or read in a bad light. Avoid reading or writing at a table directly facing the window. An excellent remedy for Inflamed Eyes is as follows:—Bathe the inflamed parts in strong cold tea (an astringent), or milk and water. Apply well-chopped parsley in small muslin bags, dipping these in cold water from time to time. A lotion of rose water and zinc, or a weak boracic solution gives much relief. Spotted veils are bad for the eyes and sight.

Eye-Brows. These demand as much care and attention as the hair. They should be brushed well every night and morning with a little soft brush dipped into water that has been mixed in the proportion of half a teacupful with a teaspoonful of LEVER'S GLYCERINE; this will stimulate their growth. To darken and thicken the eyebrows rub in cacao butter, which may be procured from any chemist.

Eye-Lashes may be induced to grow longer and more thickly by rubbing a little vaseline, or cold cream, on the edge of the eyelids.

Face-wash. An excellent face-wash may be made by mixing the juice of one lemon with eight ounces of elderflower water. If a few drops of this be rubbed in whilst the face is wet the effects of exposure to sun and wind will be counteracted.

Feet. To harden feet during walking tours, mix whisky and tallow and apply at night. A dusting powder of one part boracic acid, one part sub-nitrate bismuth, two parts starch powder, scented with ½ oz. of orris root, is an excellent application. Bathe the feet nightly in salt and water, adding a little alum. To cure perspiring feet wash night and morning with LIFEBUOY ROYAL DISINFECTANT SOAP. To prevent chilblains bathe feet with warm water at night with a little alum dissolved in it. If the chilblains break, apply (on lint) three parts each of arnica, rose water, LEVER'S GLYCERINE, and one part spirits of camphor. Corns may be cured by lemon juice. If the corns appear between the toes an application of LEVER'S GLYCERINE, on wool, will prove efficacious.

Fringe. Of the many styles of dressing the hair, especially of that portion of the hair which clusters in ringlets round the forehead, there is always one more suitable than others for the shape of the head or the contour of the face of each particular individual. When a lady has found one style of arranging the fringe to suit her she will do well to adhere to that style, notwithstanding the vagaries of Fashion. Of course, whilst a woman is still young and her cheeks bloom with the glow of health, and her skin is soft and white, she will find more than one arrangement of the hair to suit her; but this is not the case as she grows older and crows' feet begin to make

themselves evident. Especially with such a woman is the fringe useful, its soft lines serving to hide the thinning hair round the temples. Hot irons should never be used for curling the fringe as they have a tendency to dry up the natural grease of the hair, which has so much to do with the preservation of its colour and fibre. Fringe, of course, is liable to catch dust, and therefore should be washed once or twice a week. A good brushing every night helps to keep the fringe in excellent condition, the brush being applied from the roots to the ends. To prevent the fringe from falling out apply the following lotion:—LEVER'S GLYCERINE, ten parts; SUNLIGHT SOAP, two parts; tincture of jaborandi, three parts. Mix well, rub into roots every night with the fingers.

Freckles. (To Remove)—*(a)* Scrape two tablespoonfuls of horseradish into a teacupful of sour milk, cover and keep for three days, then smear the freckles frequently; *(b)* rub the

freckled part with a piece of cut lemon; *(c)* procure powdered nitre, moisten with water and apply night and morning; or *(d)* to two drams of carbolic acid, add one pint of rose water, two ounces of alum, two drams of lemon juice; wash at intervals about six times to effect a cure.

Grey Hair is often the result of keeping the hair too dry. When one notices the first few dry grey hairs one should apply a good pomade occasionally; once a fortnight is often enough. The use of hot irons for curling the hair often leads to grey hair and premature baldness.

Glycerine. Nothing keeps the hands in such good order as rubbing a little drop of LEVER'S GLYCERINE and water into them after washing. This is especially necessary in winter and for those who have to do much house work. Nurses who have frequently to use carbolic acid are very apt to have rough hands. A little glycerine will keep them in order. If the hands have been much neglected and the skin is chapped, the glycerine may cause a little smarting. This shows the healing property of the glycerine at work. Its use should be persisted in, and in a short time the skin will be quite smooth.

Greasy Skin is not infrequently the result of debility; it often arises also from lack of cleanliness. A good soap tonic like STARLIGHT ROYAL TOILET SOAP is better than any quack remedies for this unpleasant condition of the skin; it strengthens the sebaceous glands which secrete the natural oil of the skin, and, acting as an astringent, checks any tendency to laxity.

Hair. Until the twelfth year the hair should be kept fairly short; this tends to strengthen and increase the growth. If curled, soft pieces of rag only should be used. Hair that is naturally straight should under no circumstances be curled, as it will cause the hair to break. When the hair is very fine it is not advisable to wash it too often. The hair is often injured by forcing the comb through from the head downwards to disentangle the matted hair; such treatment can only tend to break and destroy it. Combing should begin from within an inch of the end, gradually working the comb to the roots, afterwards brushing the hair for at least ten minutes. The shape and contour of the coiffure should harmonise with the size and contour of the head, the mode of dressing the hair should suit the special style of face and head it is called upon to crown.

Hair (Superfluous). To remove superfluous hair apply sulph-hydrate of calcium either by spreading it on paper and laying this like plaster on the hairy part, or smear it over the skin rather thickly. After three or four minutes wash it off. The hair will generally wash off with it, if not, it can be scraped off with a paper-knife. If the skin smarts apply zinc ointment. Sulph-hydrate of calcium is difficult

to procure from small local chemists, but most chemists in a large way of business can supply it at from one shilling upwards, according to quantity. The odour is disagreeable. The chemist will perfume it, if asked to do so.

Hair Wash. Take one tablespoonful of LUX to one quart of boiling water, mix till dissolved; when cold add the whisked yolk of two eggs, and a tablespoonful of spirits of lavender. Cork tightly and shake before use.

Hands. To *whiten* the hands wash with STARLIGHT ROYAL TOILET SOAP, dry, and then rub in a mixture of cream, or milk and lemon juice in equal parts. *To soften and keep the hands in good condition*, wash well with STARLIGHT ROYAL TOILET SOAP and hot water, dry, and rub in a little of LEVER'S GLYCERINE and rose water, mixed in equal parts. A bottle containing this should always find a place on the washstand for use after washing. It keeps the hands beautifully soft and white. LEVER'S GLYCERINE is specially recommended for this because of its guaranteed purity. It is shewn by chemical analysis that it will stand all the tests of purity instituted by the British Pharmacopœia. Many glycerines contain arsenic and other noxious ingredients, which should certainly never be used. *To remove stains* from the hands use salt and lemon juice. Vinegar will remove ink stains from the fingers. Pumice stone is injurious to the tissue of the skin.

Herpes. After a slight indisposition or feverish cold there often arises a little pimply humour on the lips or at the corners of the mouth. Though not very painful it disfigures a pretty

mouth. To cure, touch lightly with powdered alum, afterwards besmearing with a little cacao butter. Also bathe the parts with STARLIGHT ROYAL TOILET SOAP and water.

Health Hints.

1. To keep the face from wrinkles, lie down, if possible, once or twice daily in a darkened room; close the eyes, and let the facial muscles rest.

2. Shade a strong light so that it may fall on your work whilst your eyes may remain in the shadow.

3. Preserve your temper if you wish to preserve a youthful expression.

4. Eat little meat, plenty of fat (if you can digest it, as fat is not easily digested), and fruit to keep the stomach in good trim.

5. Sleep eight hours in twenty-four.

6. Leave the top sash of your window open about an inch at night.

7. Exercise in the open air as often as possible; walking is the best possible exercise you could have.

8. Cacao-butter applied at night and washed off in the morning will keep the skin soft and clean.

9. Cream or lemon-juice rubbed in at night will remove all sun-burns.

10. The bath not only serves to cleanse the body, it acts as a tonic.

11. The best skin tonic you can have is a tepid bath, using STARLIGHT ROYAL TOILET SOAP.

12. "With the coming of crows' feet, is the going of beaux' feet."

To ward off wrinkles, the surest means are:—

1. Sound sleep.
2. Sweet air.
3. Simple food.
4. Sufficient exercise.
5. Soft water, and
6. STARLIGHT ROYAL TOILET SOAP.

Herbs for the toilet. There is a little herb which grows along the side of country roads or in desolate waste places, which is variously called *Shepherd's purse, Shepherd's pouch, Shepherd's scrip, Pick-purse, Toy-wort, or Care-wort.* This little neglected and often despised herb is an excellent remedy for blood disorders and skin eruptions. Half a teaspoonful of the tiny seeds of the herb has a most tonic effect on the blood. The *Snake-weed* is another very useful herb, and makes a first class mouth wash for the gums and palate. The powdered root of this plant can be obtained from any herbalist. Water distilled from the *water-lily* is said to remove freckles and sunburn, and the distilled water of the roots and flowers of the *water-flag* also makes an effective wash for weak eyes.

Lips. For that rich red colour so much admired in the lips, which can never be imparted by paints, one must have a good circulation. The manipulations of a good *masseuse* are very beneficial, and should send the crimson to the surface by stimulating quick circulation. The massage movements for the lips are always upwards and circular. They are so simple that, after a few treatments by a professional, anyone can learn to do her own work. Of course, health,

exercise, and amiability are the most potent factors, after all, in rounding, tinting, and shaping a pretty mouth.

Mirrors, like good friends, are truthful, but, like some honest friends, their way of reflecting the truth about ourselves is not always welcome. Still we learn more from the straightforward truthful friends than from those whom interested motives induce to conceal the truth from us. Now, no woman likes her mirror to tell her that her complexion is muddy, that her skin is blemished with heat-spots, or pimples, or blackheads; yet, being a truthful mirror, it frequently cannot do otherwise. If a woman wants her mirror to tell only a pleasant tale let that woman preserve the natural beauty of the skin and complexion by using only the purest of soaps and skin tonics. STARLIGHT ROYAL TOILET SOAP being made from the purest of vegetable oils and edible fats, and being specially prepared for keeping the skin in good condition and as soft and supple as a baby's skin, is the soap for the toilet.

Nose. Those who do not wish to become the owner of a danger-signal in the shape of a red nose, would do well to avoid all rich or strongly-spiced dishes. Game, salmon, oysters, wines, etc., are all bad for the complexion of the nose. To make a red nose resume a more modest hue, a careful dietary is the best remedy. If the owner of a red nose is troubled with constipation the bowels should be at once attended to, taking such aperients or laxatives as are requisite. Tight lacing, habitual cold feet, and want of exercise out-of-doors also conduce to redness of the nose. The following is a good lotion for local treatment:—Rose water 6 ozs., powdered borax 5 drams, orange flower water 6 oz.

Neck. To make the neck plump and round, wash well with cold water and rub with a coarse towel till the skin glows. Then rub cacao butter or cod liver oil, the former preferably, well into the skin.

Nails. The proper care and treatment of the nails is necessary if one would preserve the beauty of the hand; nothing so soon stamps a woman's individuality as the manner in which her hands and nails are kept. If she is tidy in her habits, her nails will be trimly kept; if untidy, her nails are sure to bear unmistakable evidence of her habits. The nails should bear washing at least twice a day with a rather stiff nail brush and STARLIGHT ROYAL TOILET SOAP, rubbing down the surrounding skin with a towel. Coarse soap and washing soda render the nails chippy and brittle, so that they break easily and give a stumpy unrefined look to the hands. The nails should be cut regularly with a pair of curved scissors. Of course, the shape of the finger tip should govern that of the nail. The cuticle, or skin, which is so apt to grow and cover the half-moon of the nail, should be carefully pressed back with a bone or ivory instrument immediately after washing. Polish the nails at least once a week, soaking them first for ten minutes in a solution of STARLIGHT ROYAL TOILET SOAP and water.

Pimples are generally the result of improper or excessive diet, but they may be also caused by poor blood. Of course, poor blood is often the direct result of improper diet, but not always, as want of fresh air and exercise will also induce poverty of blood. If the blood is poor, an iron tonic with quinine and orange wine (to be had from any chemist) will do good. Cod-liver oil, too, will be beneficial in its effect. Take a cold sponge bath every morning with a warm bath once a week using STARLIGHT ROYAL TOILET SOAP.

Skin Tonics are many and various, according to the nature of the work they are called upon to perform. To cure a shiny skin, apply the following astringent lotion. One pint of rose water, half-a-pint of white vinegar, and two or three drops of essence of roses. After exposure to bitter cold or a biting wind, rub a quantity of fresh cream on the face before retiring. The tonic of all tonics for keeping the skin in good condition is STARLIGHT ROYAL TOILET SOAP.

Skin (To whiten).—After washing, rub in milk and lemon juice. Wash with rain-water if possible; if this cannot be done, soften the water by dissolving a small quantity of LUX therein. STARLIGHT ROYAL TOILET SOAP cleanses, softens, strengthens, and whitens the skin.

Skins that are rough should receive the following treatment:—Take one ounce of LEVER'S TREBLE-DISTILLED GLYCERINE, ½ dram of oil of rosemary, one ounce of proof spirits, ½ ounce of honey, and a pint of lavender water. Mix the oil with the spirits and honey, gradually adding lavender water, shake well,

add LEVER'S GLYCERINE, bottle and cork. This also makes an excellent wash for the scalp.

Tooth Powders. Burnt bread, finely powdered, and sifted through muslin, so as to be quite soft and free from grit. Precipitated chalk is a first-class tooth powder; it is cheap, and neutralises the natural acids of the mouth. It may be scented with powdered orris root. Another tooth powder is made of ½oz. precipitated chalk, 1 dram pulverised orris root, 1 dram powdered borax, and 1 dram of powdered sugar. Mix well, bottle, and cork tightly.

Teeth (Care of.) The great enemies of our teeth says a well-known American physician, are acids, which often come in contact with the teeth in taking food. Another source of acid is the decomposition of sugar in the mouth, which changes to lactic acid. If the enamel of the teeth is smooth, it furnishes no lodging for foreign bodies; if rough, matter accumulates and turns to acid. The greatest panacea for poor teeth is cleanliness. Brush the teeth always after eating. The proper way to brush the teeth is from top to bottom, not crosswise, as the latter method tends to produce transverse fissures. STARLIGHT ROYAL TOILET SOAP is a good dentifrice, and, indeed, it is preferable to any tooth powder yet concocted.

Warts. To remove warts, put a little aromatic vinegar on the wart every day, keeping it off the surrounding skin. The wart will turn black, can be picked out by the roots, will bleed, but soon heal. Not a trace of scar will remain, and the wart will never return.

Washing and Beauty of Complexion are very intimate acquaintances. Much depends on the way the skin is washed whether the washing tend to health or the reverse. If you use common soap on the skin you must not be surprised to find it gradually becoming coarser and the tint of complexion duller. Common soaps are often little else than saponified potash and soda, the tendency of which is to *burn away* the delicate protective surface of the skin, hence the smarting sensation following the use of a coarse common soap. Reliable toilet soaps are made from pure edible oils and fats, and are not only harmless, but beneficial to the skin. STARLIGHT ROYAL TOILET SOAP is made from oils and fats *clean and sweet enough to eat.*

PART IV.

The Nursery.

1. THE REARING OF CHILDREN.
2. THE ORGANS OF LIFE.
3. WEANING AND TEETHING.
4. BABY'S BATH.
5. TRAINING OF CHILDREN.

MOTHER'S TREASURES.

I.

The Rearing of Children.

"Looked at in its true light, what is the nursery but just the next age in its bud and blossom?"

DR. A. THOMSON.

As an illustration of helplessness, none can be more striking than that which an infant presents at birth. It requires aid of every kind, and if neglected it soon dies. Nor until it reaches an age far exceeding that at which the lower animals can help themselves does it cease to require this aid. As many young mothers do not know when or how they may really assist their offspring to become healthy and useful members of society, it will not be out of place to give a few hints on the subject.

best known substitute.* The latter may be procured from chemists, and one ounce of sugar-of-milk, dissolved in three-fourths of a pint of boiling water, should be mixed as required with an equal quantity of cow's milk, which should be fresh and pure, and have been previously boiled. All artificial food should be given from a good feeding-bottle, at the same intervals as those recommended for maternal feeding. Absolute cleanliness with regard to the bottle is of the utmost importance, and any neglect of this will be sure to result disastrously to the child. Feeding bottles with long india-rubber tubes are strongly disapproved of by experienced doctors; they are hard to keep clean, and are, says Dr. Lauder Brunton, "one of the most fruitful

Plenty of exercise is necessary for a child's development.

* The special value of "milk from one cow" is a superstition now quite exploded. All the best doctors say that the "mixing of the milks" of several cows, or of the mother and the cow when part breast and part bottle feeding has to be resorted to, can do no sort of harm. In the case of cow's milk it is even better to have the milk from several animals than from one, as if that one "gets out of sorts," the child has the undiluted disadvantage of it. The point of real importance is to have the milk from *healthy cows*, and pure, wholesome, well-kept dairies.

causes of infantile diarrhœa." Besides frequent washing, an occasional use of a disinfectant, such as LIFEBUOY ROYAL DISINFECTANT SOAP, should be resorted to in the following way:—Make a light lather of tepid water and LIFEBUOY SOAP, separate all parts of the feeding bottle, and rinse each for a few seconds through the soapy water. Next rinse out in plenty of clean cold water, leaving the parts standing in a vessel of the same till required for use. This will not only keep them sweet and clean, but will also destroy any germs of disease, which are so apt to cling to vessels used for milk even when the greatest care is exercised. If the health of a nursing mother and that of the child be fairly good, the child may be nursed till it is nine months old. But if the child is weak, or suffering from any disorder, it is well to nurse it to the eleventh or twelfth month. When weaning is commenced, one of the many farinaceous foods or well-boiled oatmeal gruel made thin enough to be sucked out of the bottle will be found a very good substitute for mother's milk. Every mother will have her own opinion as to which food she will decide upon.

It is a sad mistake to give infants or young children every kind of food which may happen to be prepared for the rest of the family. Starch foods, such as bread, &c., are quite unsuitable for an infant. Before it can be digested or absorbed, starch requires converting into a soluble substance called *dextrine*, which can only be effected by the starch being masticated and mixed with the saliva.

Before the child has teeth, the special ferment which digests starch and which is called *ptyalin* is hardly at all secreted in the saliva. Starch food passing into the stomach unmixed with its natural solvent is, therefore, insoluble and

indigestible. It is quite palpable, then, how an undissolved quantity of boiled bread, rusks, biscuits, arrowroot, rice, or any other starchy matter passing through the stomach, and scratching along, the delicate bowels, must produce many of the ills which mismanaged childhood is heir to.

DIET FOR A WEANED CHILD ABOVE NINE MONTHS.

Diet 1. First meal, 8 a.m. A breakfastcupful of well-boiled oatmeal gruel or thin porridge. The best breakfast in the world for children is well-boiled oatmeal porridge, made—not with water—but with milk. Oatmeal and milk contain everything necessary to build up strong bones, firm muscular flesh, and pure blood. Let the first meal, therefore, always be well-boiled milk porridge; using fine oatmeal for a child of twelve months, and coarser meal a few months later.

Second meal, 11 a.m. A cupful of new milk. If previously the milk produced any discomfort, a teaspoonful of lime water may be added.

Third meal, 1-30 or 2 p.m. The yolk of one egg well beaten up in a teacupful of milk.

Fourth meal, 5-30 p.m. Same as first.

To alternate with Diet 1.

Diet 2. First meal, 8 a.m. A dessertspoonful of pearl barley jelly dissolved in a breakfastcupful of warm milk slightly sweetened; or a small basinful of milk porridge may constitute the meal.

Second meal, 11 a.m. A breakfastcupful of new milk, with a teaspoonful of lime-water if necessary.

Third meal, 1-30 or 2 p.m. This might consist of a light pudding, made as follows:—Beat up one egg with a tea-

spoonful of flour, add sufficient milk to fill a basin slightly larger than a teacup, tie the basin and its contents in a cloth, and boil for twenty minutes. This may be given with milk, sugar, or gravy.

Fourth meal, 5-30 a.m. A teacupful of farinaceous food, or boiled bread and milk, carefully prepared.

No food should be given between the meals, which ought to be sufficiently large to meet the requirements of the child, always stopping short of over-repletion A healthy child from ten to twelve months old requires 1½ pints to a quart of milk in the twenty-four hours.

DIET FOR A CHILD FROM TWELVE TO EIGHTEEN MONTHS OLD.

Diet 3. First meal, 8 a.m. A basin of milk porridge with a cupful of new milk.

Second meal, 11 a.m. A drink of milk, with a plain hard biscuit or a slice of bread and butter.

Third meal, 2 p.m. A pudding similar to that mentioned in Diet 2.

Fourth meal, 5-30 p.m Same as first. Or boiled bread and milk, or bread and butter and warm milk.

To alternate with Diet 3

Diet 4. First meal 8 a.m The yolk of a lightly boiled egg, a slice of bread and butter, or a stale crust and a cupful of new milk.

Second meal, 11 a.m. A drink of milk and a slice of bread and butter.

Third meal, 2 p.m. A mealy potato, well mashed and moistened with gravy from the cut joint, and a cup of new milk.

Fourth meal, 5-30 p.m. A slice of bread and butter and a cupful of new milk

If the child is wakeful, a little warm milk should be given about 10 o clock But a healthy child requires nothing after 6 p m. The sooner this systematic treatment is commenced and the child becomes accustomed to sleep all night the better

DIET FOR A CHILD FROM EIGHTEEN MONTHS TO TWO YEARS OLD AND UPWARDS.

Diet 5.

First meal, 8 a.m. A cupful of new milk and a plate of well boiled milk porridge.

Second meal, 11 a m. A cup of milk and a biscuit.

Third meal, 1-30 p.m A small slice of underdone mutton, or boiled white fish free from bones, or rabbit or chicken, well mashed potato moistened with a little gravy as it runs from the cut surface of the joint. For a young child the meat should be *scraped* fine *not* minced. The child from the first should be taught to chew all its food thoroughly.

Fourth meal, 5-30 p.m. A breakfastcupful of new milk with bread and butter. A healthy child after it has turned eighteen months should sleep from 6 p.m. till 6 or 7 a.m. without waking, and require nothing after the last mentioned meal.

These diets may be alternated or varied as one thinks necessary. A child brought up by this method can scarcely fail to thrive, unless there is some constitutional drawback. As the child advances in age the same diets with slight variations may be continued if found suitable. After the

age of two a small quantity of meat, or fish, or poultry, with well cooked vegetables, may be given each day, and a little well stewed fruit, *e.g.* apples, marmalade, etc., may be added. The morning and evening meals should always consist chiefly of milk.

The reprehensible practice of giving tea, coffee, or even beer and spirits to babies and young children is both dangerous and cruel. Cocoa properly prepared with milk forms an excellent food beverage for children.

The Morning Wash

with STARLIGHT Royal Toilet SOAP is delightfully refreshing and soothing to the delicate pores. This is due to the tonic properties of the soap. STARLIGHT Royal Toilet SOAP is made of the best and purest ingredients it is possible to obtain, and is tested time after time during process of manufacture to ensure that the exact balance of materials is retained in STARLIGHT Royal Toilet SOAP, whereby the delicate pores of the sensitive skin may be thoroughly, but mildly cleansed. Without health of the skin a fresh and clear complexion is impossible, and health of the skin is best maintained by the tonic action of that exquisitely fragrant soap,

Starlight

Royal Toilet

* * * **Soap.**

II.

The Organs of Life.

The Lungs. The sudden change of temperature which the new-born babe has to experience has a peculiar and instantaneous effect on the child. The mouth twitches, the lips contract, there is a sudden spasm, then a gasp and the consequence is an inrush of air through the nostrils and mouth, down the wind-pipe and into the lungs. Baby has taken its first breath. Then follows a few little sobs and sighs, there is a larger influx of air into the chest, the lungs reach their fullest expansion, and the infant then, and not till then, utters its first plaintive cry, which causes the mother's heart to throb with a joy that cannot be described. The louder the cry, the stronger, the healthier, and more vigorous the child is the general rule. The infant's cries, if all be well, will soon subside into a low murmur, and the child will lapse into a gentle slumber. The consequence of the inrush of air in the lungs is that the valve, or door between the right and left compartments of the heart, is closed air-tight, and the blood being impeded in this direction takes a fresh course, rushes into the lungs, and becomes purified and vitalized by

the oxygen of the in-breathed air. That is to say, the *white* blood derived from digested food is changed into *arterial* blood, full of rich red corpuscles, from which every tissue of the body derives nourishment.

The Skin is so intimately connected with the lungs and one of its functions is of so familiar a nature that this appears to be the most suitable place in which to refer in a few homely words to its mechanism and construction. The skin is one of the great means by which Nature cleanses the body, and unless it performs its function perfectly, a healthy skin, and consequently a healthy body, cannot be expected. It is composed of two layers, the outer or scarf-skin and the inner or sensitive skin. The scarf skin, which is continually growing on the under surface to make up for the wear and tear that never ceases on the surface, serves as the natural protector of the sensitive skin. There are innumerable minute tubes traversing the layers of the skins. These tubes are little canals which conduct impure and harmful matter secreted from the blood to the minute mouths on the surface of the skin, called pores. If from some cause or other the skin cannot do its work properly as a blood purifier, the impurities are retained in the blood, and the result is that other internal organs, notably the lungs, are overworked. This intimate connection of the lungs and the skin is especially noteworthy. When the one suffers from any complaint the other is certain to be influenced by it. For example, coughs or colds follow when the skin has been exposed to cold or damp; children experience great difficulty in breathing during eruptive disease, and the skin is always dry and hot when the lungs are congested. These examples go to prove that to have healthy lungs,

and consequently pure blood, a healthy skin is necessary, and to have a healthy skin the lungs must be properly exercised. The one external way in which the skin may be kept in good order is by perfect cleanliness and the use of pure soap. There can be no doubt that the use of impure, adulterated, strong chemical soaps on the soft velvety skin of baby is largely accountable for the skin troubles, and for the destruction of that lovely cream and rose complexion which is every baby's birthright. To give proper care to the skin the very first necessity is to select a soap specially made for the skin from the purest of vegetable oils and fats, a soap clarified to the highest state of perfection, and compounded on the highest scientific principles known in connection with the soapmaker's art. Such a soap is offered to the public in STARLIGHT ROYAL TOILET SOAP.

The Stomach. The perfection of the apparatus which has been designed by Nature to convert the food we eat into nourishment for the blood, and through the blood for the building up of the *body*, is warranted to arouse the admiration of even the most indifferent. The organs of a grown-up person which successively contribute to the performance of the work are the mouth, the teeth, the salivary glands, the æsophagus or gullet, the stomach, the intestines, the pancreas or sweet bread, and the liver. The stomach is a stout thick bag, into which at the upper part the food is introduced by the gullet; here the food is subjected to the action of an acidulated liquid called the *gastric juices*, which the stomach secretes from the arteries with which its inner membranes or skin is lined. These *gastric juices* receive the food which is coated with the *saliva* of the mouth, soften it, dissolve it, and digest it, making it a soft pultaceous mass, in which state it passes

into the smaller intestines, where the bile from the gall bladder separates it into two parts, one of which is a white fluid called *chyle*, a concentrated form of nourishment. This *chyle*, or white blood, is injected into the circulatory system after passing through the lungs, where, as has already been pointed out, it is *vitalised* into arterial blood. Of course, the stomach only digests solid articles of food, liquids are absorbed into the system, and *milk*, being the natural food of the infant, undergoes a special transformation before the gastric juices change the milk into *chyle* (pronounced kile), from *chyle* into blood, and from blood into flesh, bone, and muscle.

III.

The Care of Babies.

Dressing, Feeding, Wet-nursing, Teething, and Weaning.

The proper clothing of infants is a matter of vital importance as far as the well-being of their bodies is concerned, for many different ailments of infancy are due to mistakes in this department of nursery management. A very serious mistake frequently made in dressing newly born and very "young" infants is putting on the "belly swathe" or "binder" very tightly.

The Swathe. The flannel swathe round the infant's abdomen is a very important part of its clothing. It serves to protect the intestines from cold, and this is especially essential for infants as they are very subject to diarrhœa, which is always a serious, and not infrequently proves a fatal, infantile complaint. The swathe should be made of fine flannel, or, what is even better, of knitted wool. White Berlin wool knitted like a garter, simply backwards and forwards on two needles, and from five inches to six inches deep, makes a soft and elastic swathe. It can be fastened with a few stitches or safety pins. A very good sort of swathe that can be fastened by narrow tape-strings is made as follows:—Take two strips of fine soft flannel about six inches deep. One must be 26 inches, the other 16 inches in length. Lay the strips one on the other, and stitch the middle of the shorter strip exactly into the

middle of the longer strip, and sew four pieces of narrow soft tape to each end of the short strip. When putting it on, lay the baby's back on the middle of the long strip; fold this neatly, but without compression, round the abdomen; then bring the shorter end round and tie the tapes.

The reason why tight binding is so injurious to infants.

The abdomen of a young baby is always large. One sometimes finds ignorant people who imagine that this is a defect of Nature, and that they must exert their ingenuity and remedy it by binding a long swathe so tightly round the little creature's middle that the protuberance of the belly shall be compressed and the infant given a "tidy" shape such as a well-made doll has; they pride themselves on the baby being "so much more comfortable to hold" when it is thus bound up! Such people as those referred to know absolutely nothing as to the reason why babies' figures protrude in the region below the waist, and their treatment of the infant must be excused on the ground of ignorance, as it does not proceed from cruelty.

It is very important that all women who have the care of babies should know a few simple physiological facts. The big belly of the infant is natural, and is due to the circumstance that at birth the liver is much larger in proportion to the rest of the body than the liver of an adult, and the bones at the base of the abdomen, and those forming the ribs are small, and there is not room within them for the liver and other organs, that have their place near it, to fit without causing a bulging forward. This naturally causes the abdomen to be large. If it were small

and flat it would be extremely unnatural. The bones grow gradually and expand as the child increases in size, and thus as the internal part becomes more roomy the protuberance disappears, but it must do so gradually and naturally, and without compression from the clothing. The liver is one of the most important organs of the body; by it the bile is secreted, which is one of the chief factors in the digestion of fat. Any bandaging that compresses the liver (as the swathe of babies or the tight corset of the adult) prevents this organ having free play and naturally it interferes with its work of secreting bile. A moment's thought will convince any intelligent person that anything that does this must cause mischief; but this is not all the mischief that tight binding does. Nor is the liver the only organ injured by it. The lungs and stomach (which latter lies under the heart) are also liable to suffer. The stomach of a young baby is very small: it holds hardly more than a wine-glass-full. When the baby is bandaged the stomach cannot properly expand, nor can the lungs be filled as fully with air as they ought to be; thus the purification of the blood and the digestion of food are interfered with. These facts are very necessary to remember.

Another delusion about babies is that their backs must be strengthened by a piece of stiff webbing being bound round their middle. It is supposed that this "supports" the back and strengthens the spine! It does nothing of the kind. It often compresses the stomach so much that the proper quantity of food cannot be retained and the child vomits after every meal, simply because there is not room for the stomach to expand.* Tight binding never yet made a straight or

*The stomach is a muscular bag, possessing considerable power of expansion; anything that hinders its proper expansion hinders digestion also.

strong back, but it has helped to make many a "pigeon-breasted" child, and many a stunted one also. How do kittens and puppies and lambs and all young animals grow strong and straight without ever a binder or bandage to help them? Nature does not want our aid in this matter. She only wants us to use common-sense in the matter and allow the infant to develop naturally. Its back will grow strong if it is properly nourished, and if it breathes sufficient pure air. There is one point, however, that must never be overlooked if we wish for strong-backed babies, *i.e.*, they must not be put sitting in an upright position until the spine has grown strong enough for them to sit up of their own accord. The number of bones in the body of an adult is 200. In childhood the skeleton (framework of the body) is not *ossified*—that is, many bones which in after life are in one hard piece are in childhood in several pieces. The number of parts of bones in a child's body is from 700 to 800. The spine, or back-bone, is a sort of column composed of 33 bones placed one over the other with a layer of cartilage between each. This spinal column is very weak in early infancy. It is surmounted by the head which is much heavier in proportion to the rest of the body than in after life when the bones are developed. It is pitiable to see infants held up in a sitting posture with the little weak back crooked and bent and the heavy head nodding forward on the chest, because the back-bone has not acquired strength to support it. This is a sure way to make the baby crook-backed. When the baby is raised to be fed, etc., its back should be carefully supported. It will sit up of its own accord when its spine is strong enough.

To allow the baby's body to develop properly it must have exercise. This is often interfered with by the undue length of the skirts, or "robes," in which it is dressed, and which weight

its legs so much that it is impossible for them to kick about freely. The lower limbs must, of course, be kept warmly wrapped, but the wrapping should not be so heavy as to prevent the free use of the limbs. It is quite impossible for a child's body or brain to develop properly if its limbs have not freedom.

Material of which baby clothes should be made.

Everyone knows that babies need warmth, but some people are quite startled when the idea is suggested to them that an infant's first underclothes should be made of woollen material. "Wool," they exclaim! "Oh, you could not put woollens or flannels next a baby's skin!" "Why not?" "Oh, because they would irritate it." "Have you tried them?" "No, but I know they would!" That is often the kind of thing one hears when woollen baby clothes are spoken of, and the prejudice against woollens by people who have not tried them is sometimes difficult to remove. When, however, a trial is made of wool *versus* cotton or linen for infant's underclothing it is soon proved that woollen material is much the best for several reasons. 1. It is more healthy than cotton or linen. 2. It is a better protection for the body from colds and chills. 3. It is more easily washed and got-up. Wool in many of its properties is an exact opposite of cotton or linen. 1. It is a bad conductor of heat; cotton or linen is the reverse. This makes it specially valuable as a clothing for an infant's body, which being very small easily loses its store of natural heat. It must be remembered that the heat of our bodies is not *made* by our clothing. It is made by a chemical combination between the air we breathe and the food we eat; it is, however, preserved by the clothing from being too

quickly dissipated. A good heat conductor allows the heat to pass easily and quickly through it—this cotton and linen does, but wool does not. 2. Wool is very porous, much more so than cotton or linen. Non-porous clothing is very injurious, because it prevents the escape of the exhalations that are constantly passing from the skin, which is a breathing organ. Place the hand upon a mirror or pane of glass, and it will, especially when warm, leave its impress marked in mist upon the glass; this is the breath given out by the skin. If this breath or moisture cannot pass through the clothing it will be condensed into it and make it damp, just as you will see if you invert a saucer over a cup of tea that drops of water will gather on the saucer condensed from the steam of the tea which cannot pass through the china. 3. Wool is light; a much greater quantity of cotton or linen than of wool should be worn to give the same amount of warmth. The fact of wool being porous causes it to contain air in its meshes—air is a bad conductor of heat—this is one factor that causes wool to be warm. 4. Wool is not absorbent in the same way that cotton and linen are so. These last absorb moisture *into* their fibres, in the same manner that blotting paper absorbs ink, consequently when the perspiration of the body condenses on them they become thoroughly damp. Wool is of the same greasy nature as a bird's feathers off which water runs without being sucked into their fibre. All these facts conclusively prove that wool is the most natural, rational, and healthy kind of clothing for the human body, and if this is so it must be the best kind of clothing for the body of a baby as well as of a grown person. The writer of this has proved by experience that wool can be worn by babies from the day of birth without irritating their tender skins, or causing them the least

discomfort. The wool must, of course, be of the softest material and not a mixture partly of cotton.

Washing Woollens and Flannels.

Many people are prejudiced against woollen materials for clothing, because they have seen them shrink and become hard and discoloured in washing, and they think that such things cannot be washed, unless by some elaborately difficult process, without this result. It is quite a mistake to think so. In washing woollens, as in doing everything else, there is a right way and a wrong way. Flannels are the easiest things in the world to wash, when you know the right way, and as they do not require the tiresome processes of starching, blueing, polishing and so forth that cotton and linen articles of clothing so often need, mothers of families, if they have to do their own laundry work, will find their labours considerably lightened if the children chiefly wear woollen garments.

Method of Washing Flannels.

Shake each article free from dust, shred very finely into a basin or tub, SUNLIGHT SOAP, in the proportion of one third of a tablet to a gallon of boiling water. Take a stick or bunch of twigs and whisk this till the soap is dissolved and the whole is in a lather. Let it cool until just warm. Put in the things and shake and souse them till all the dirt is out, which it will soon be. Then rinse in two or three lots of tepid water till quite free from soap; if possible pass the articles through a wringer to express the water from them—as twisting for this purpose is very injurious to the fibre of the wool. If no wringer is in the house get the water out of the things by squeezing them. Shake them to raise the hairs and hang them in the open air,

if this can be managed, but not in a very hot sun. If dried in the house they should not be hung near a large fire, as this will cause them to shrink. They should be ironed on the wrong side before getting quite dry, with a cotton cloth between the flannel and iron, and the iron must only be moderately hot. The reason why SUNLIGHT SOAP is better than any other for washing flannel is that owing to its property of *rapidly cleansing* the articles washed with it, the work can be quickly done, and as all woollen materials should be washed with as little delay in the work as possible, and should never be left lying about wet, this is very important. SUNLIGHT SOAP, as testified by Sir Charles Cameron, contains no *free alkali*. Soaps in which the alkali is free are very destructive to woollens, because the alkali is a caustic, and this has a peculiarly disastrous effect on the fibre of wool, which it corrodes and destroys. The flannels washed with such soaps become hard and shrunken and unfit to wear. Washed exactly as described above, a baby's flannel outfit, no matter how dainty the materials may be of which it is composed, will remain soft and white to the last if SUNLIGHT SOAP is always used in washing them. LUX may be used (if preferred) for washing woollens, flannels, etc., and it will be found equally effective. If washing has to be done in a hurry, LUX will be found specially useful as the shredding and dissolving of the soap is not necessary. LUX, being in a flake-like dessicated form, makes a lather very quickly.

Shape of Baby Clothing.

Shirts.—The best kind of infant's shirts are the little garments known as vests, which can be bought at any draper's for from 4½d. each and upwards. They are woven of very soft white wool, and are slipped on over the

head, there being no opening back or front, so that both chest and back are always covered. These are far more sensible than the absurd lawn shirts so often found in the "baby's basket," which are no protection to the body and necessitate the child being turned and twisted whilst the shirt is being put on. The woollen vests can be easily crotcheted or knitted at home by those with clever fingers.

Pilches.—These are simply triangles of stout flannel which are put over the diapers to keep the infant warm and comfortable. It is a good plan to put a button on the pointed end, and a button-hole on each of the corners of the broad end; then the pilch can be easily fastened without pins. Pilches should never be made of waterproof material, which is very unhealthy for this purpose.

Flannel gowns, day and night gowns, and *petticoats* are all much better if made to open up the front only; thus they can be laid one within the other on the lap, and the child with its swathe, vest, diaper, and pilch already on, being laid into them they can be fastened without the turning and rolling from back to front which results in so many screaming fits during the dressing of babies. The garments should be made to overlap well at the openings so that the legs cannot kick through them.

Shortening. This process should never be sudden, or be commenced in very cold weather. At about the beginning of the third month tucks may be taken in the long clothes so as gradually to accustom the child to shorter garments; if the gowns have not been made too long in the beginning, and the

NOTE.—In the washing of baby's diapers soda or blue should never be used, as chafing of the infant's tender skin often results from the use of these things in the washing. SUNLIGHT SOAP may safely be used on account of its freedom from corrosive alkali.

child has grown properly, the change to short frocks can be made without causing the baby to suffer from the change. Some people remove the flannel swathe as soon as they put on short frocks. This is a great mistake and may cause a deal of harm—an infant needs its abdomen to be protected by the swathe even more when it is in short frocks than when its lower limbs were wrapped up in warm petticoats. The sudden removal of the petticoats or swathe may set up diarrhœa or bronchitis, or other serious mischief. It is hardly necessary in these days to warn mothers against the danger of dressing young children in low-necked, short-sleeved frocks, because people have now much more commonsense views on these matters than they had in former years, and it is not now "the fashion," to expose some of the most sensitive organs of the body to cold in the insane manner that prevailed in the earlier years of the century, and which was the cause of numberless deaths of little children from bronchitis and other chest complaints. The cardinal points to remember in the dressing of babies and little children are: (1) Warmth without weightiness. (Cold will kill a young baby more quickly than even want of food.) (2) Equal protection of all parts of the body from cold. (3) Absolute freedom for the free exercise of the limbs.

List of Articles required for a Baby's Outfit:—Six swathes, six to twelve vests (for day and night wear), three dozen diapers (one can manage with two dozen, but it is more convenient to have three), four pilches, four long flannels, six flannel inside gowns, six day gowns, four to six night gowns. Some knitted woollen jackets, a shawl for wrapping, two head flannels (squares for protecting the

head when going from one room to another), knitted boots or stockings, hood and cloak for outdoor use, also a parasol if carried in arms. After the first year, hats, which allow a free play of air around the face and which shade the eyes, are much better than those structures of plush, velvet or cloth which one sees tied down over children's ears, and which, unless in very cold weather, are likely to make them delicate and susceptible to cold. In summer, straw hats, with broad leaves and high crown, are very important for the head-gear of young children, who are so easily affected by heat, and sun on the head is so dangerous for them.

The Basinette and Basket. These can be bought untrimmed very cheaply, and taste and ingenuity will produce—with the expenditure of very little money on some coloured calico, white muslin, and lace—a very pretty nest for the little stranger. The basinette should have a hood which will keep off draughts, and be furnished with a little mattress, blankets, pillow, and pretty coverlid. No sheets are needed, as it is better for the infant to lie in soft blankets. The basket should be trimmed to match the cradle and be furnished with soft sponge, powder box and puff, flannel, scissors, needle and thread, safety pins, pot of vaseline, etc.

Mail Carts and Perambulators. Mail carts are absolutely unfit for young infants into which, however, one often sees the poor little things thrust—doubled nearly in two. Young babies are more comfortable in a "basinette perambulator" even than in a nurse's arms, because in it they can stretch their limbs freely and are not cramped, as they too often

The Dangers of Coarse Soaps

But if the water is an important factor, much more so is the soap. The chafing of the skin which most children are liable to, unless care be taken, not infrequently arises from washing with coarse soaps. The skins of children, it cannot be too often repeated, are very tender, and easily and oftentimes permanently injured by strong chemical soaps. Things that would not affect the skin of grown-up people may cause very serious mischief to the skin of a young child, especially that of an infant, therefore the nursery soap should be carefully chosen. STARLIGHT ROYAL TOILET SOAP is *par excellence* the soap for washing young children. *It is guaranteed to be an absolutely pure and neutral soap*—and this is an important matter for new-born babies—*it possesses particularly soothing and emollient* (*i.e.* softening) *properties, and is a valuable tonic for the skin.* It is prepared by an entirely new process in which no expense has been spared, and a trial will prove its value in preventing the skin affections so often due to soap containing strong alkalies. Use SUNLIGHT SOAP for washing baby's napkins; they should never be washed with coarse soap. In case the baby should by some means or other be affected by *chafing*, the inflamed parts should be washed with barley water several times a day, then dried gently, and afterwards smeared with vaseline or boracic acid ointment. Greasing is a much better protection from chafing than powdering. If powder is used, the best to apply is boracic acid powder; the next best being fuller's earth.

Children should never be bathed until 90 minutes after a meal, or digestion may be seriously interfered with.

The Training of Children.

V

Parental Responsibility.

In every house where there are children a grave responsibility rests upon the parents. To provide proper food and suitable clothing, and to do all possible to ensure the health of the children is but a *part* of the duty of parents. Much more remains to be done. To train and educate the children both mentally and physically is another portion of the task imposed upon them by Natural and Divine laws, and to successfully carry out the undertaking

wrong. Many times these slower children are sensitive to a remark on the subject, and are not only made miserable and unhappy by it, but their mental development and growth are retarded by the discouragement that follows. Lives are embittered by the cruel jests of brothers and sisters far oftener than careless people imagine, and what is a natural peculiarity of a certain child's constitution is spoken of as if it were a fault, or crime, to be ashamed of or hidden. The seeming dull boy of a family is often the one who makes a family name illustrious.

Infant Prodigies.

The bright child is not always the one who shines when it reaches manhood's estate, whilst it frequently happens that the child who appears somewhat dull becomes in after-life great and famous. Goldsmith, for example, showed no talent whatever during his childhood, and was considered to be rather a stupid boy. There are, on the other hand, many instances on record of juvenile prodigies who were remarkable for their wonderful work. Henry Kirke White, John Keats, and Thomas Chatterton were wonder-boys. The three names are world-famous, and yet, White was but twenty-one when he died, Keats twenty-four, and Chatterton only seventeen. Pope was a clever author at twelve, and William Cullen Bryant was only seventeen when he wrote his first piece. As a boy the great Napoleon was a little general. Schiller was a poet in his teens, and Handel had produced an opera before he was fifteen. Corneille, the French poet, had composed a tragedy before he was twelve, and during his teens Goethe produced a number of poems and dramas. Raphael was a clever artist at twelve, and Michael Angelo was already renowned at the

age of sixteen. J. F. Millet was given a course of free instruction on account of his marvellous ability when scarcely thirteen. Coleridge began his "Ancient Mariner" when he was fourteen. Byron was only nineteen when he published his first book of poems. Auber wrote an operetta for the stage before he was fourteen. Kant was a metaphysician at the age of seventeen. Millais was an artist at the age of eleven, and Mozart, the greatest of all child wonders, was the composer of a sonata before he was six; and when he was only nine years of age he wrote his first Mass.

These are only the names of a few of the many wonderful children who have astonished the world by their works. Mothers and fathers, be kind and sympathetic to your children, especially to those who appear dull or stupid; show them that you do not think them to be so. The shy and backward ones will, under your kind and gentle influence, render a good account of themselves in the course of time. Few mothers realise the risk of over-caution and over-attention to their children after they are old enough to play and romp about. A child is happier with a few simple playthings than with a multitude of complicated toys. There is no such good fun or good training as making oneself useful in doing little things like work, and it is cruel to deprive the child of this pleasure and stimulus. Let the brain and body be trained through hand, foot, and eye. Give the boys a carpenter's bench; encourage the girls to do a little housework where possible; let both boy and girl have a little garden patch, if only a few feet square, and the care of a few plants. Cheerfulness, sincerity, industry, perseverance, and

unselfishness may be acquired by practice and constant repetition as much as the art of correct speaking or of playing the piano, and are far more necessary to health.

Punishment of Children.

Now let us consider the question of the punishment of children. What is the object of punishment? Certainly not to relieve the angry feelings of the inflictor of it, not to pain and shame the child who receives it, but to help him to do right in the future. Punishment is intended to bring home to the child clearly, in a form that he can understand, the inseparable connection between right and wrong, doing and suffering, so that it will be deterred from doing wrong on a future occasion. The unpleasant duty of chastising and punishing the child falls principally on the mother; it is one of the responsibilities of motherhood—a very arduous and trying one it is at times—and from it she cannot escape. The father is frequently absent at business, and therefore he has but little to do with the actual government of his children in their daily life, though he is regarded by mother and child alike as a kind of court of appeal. The tender-hearted and sympathetic mother shrinks from inflicting punishment or pain of any kind upon her child, whilst the mother who is passionate and thoughtless does not hesitate to do so in a momentary impulse of anger and vexation, and with but little regard to the ultimate effect of such punishment upon the recipient. One of the most difficult questions a woman has to decide is that of the wise punishment of her children. Many a child is unjustly punished by its parents, and unjust punishment can never produce satisfactory results. A box on the ear, or a knock on the head, is not the proper mode of chastisement, and very often this form of punishment

causes evil results physically. Instances are on record of children having sustained serious injuries to the brain by a knock on the head or ears, given by a parent or teacher in a moment of anger. To chastise a child in this way is unjust, and a child is quick to feel injustice. Long before a child can put its thoughts into words, or even formulate them distinctly in its own mind, it knows when it is punished unjustly and resents it. This feeling of childish resentment should never be called into existence if the punishment is to have the desired effect. The object of correction, whatever form it assumes, is amendment, and a child should never be punished more than the offence deserves, though punishment should never be adopted save as a last resort. A child should be taught to govern itself, and the duty of the mother is to teach it. The sensible mother will try all the arts of love before she resorts to corporal punishment, and happy indeed are those who can make love the fulfilling of the law. Love and sympathy will win the affection and obedience of a child far better than anything else.

Children's Temper.

A child with a violent temper is, of course, very hard to deal with. It is better to draw its attention from its own troubles and quietly remove the cause of the disturbance. On no account should you speak to an angry child when your own temper has escaped control. It requires great care and patience to govern a quick-tempered child, but always bear in mind that the little one is in no way responsible for the unfortunate inheritance, and the great burden of it must—all through life—fall upon its innocent shoulders. The evil can be greatly lessened by forbearance on the part of the mother and father, whose good sense and sound judgment will tell them that they must

have perfect control of both temper and judgment before beginning a course of discipline with a child whose nerves are highly strung. When a child disobeys its parents the latter should ask themselves whether the obedience demanded was reasonable, and whether to render it did not require the child to overcome a temptation beyond its power to resist. To dress a child in neat and spotless attire and send it out to play with the injunction not to soil its clothes is as futile as to tell it to ask for the moon. Childish instincts compel it to seek contact with Mother Earth, and hence obedience is well nigh impossible. A wise mother will dress her child sensibly and let it play even to the extent of getting its hands and face and overall dirty. If the mother finds it necessary to impress carefulness upon the offending child, instead of divesting it of the soiled garments, shaking and scolding it and re-dressing it, her best course would be to make the young transgressor wear the soiled clothes for a little time. This would make the child ashamed of its conduct, and it would understand that if it were careless in the future it must bear the consequences. The average child loves sweets and confectionery (many children of a larger growth even must admit the soft impeachment). If a child takes sweet things in a surreptitious manner it is probably because it does not have a sufficient amount of saccharine matter with its daily food. Let it have a little more sugar or jam at its meals, and occasionally a few pure sweets or candy may also be given, but if the child persists in appropriating sugar, sweets, or fruit, make it understand that it has forfeited your confidence for a time—that it has been foolish and greedy, and that no good boy or girl will seize anything to gratify appetite without considering whether it is being

obtained honestly. Let the child know that you would willingly have considered its request had it acted properly, and given it what it desired. A little moral persuasion in this vein will have a very good effect, and if a growing boy or girl is treated properly by their parents they will never give trouble by disobedience, duplicity, or dishonesty.

Sensitive Children.

Children are very sensitive, hence it is wise never to reprove or chastise them before a stranger. Reproof should be reserved for moments of privacy, and if parents find it necessary to adminster punishment they should be cautious to do nothing that could inflict mental anguish. To shut a child in a dark room may lay the foundation of a nervous terror of darkness which may haunt its after-life. A child should never be frightened either by word or deed. Fright or fear *may* deter a child for a time from doing wrong, but after a while the fear will diminish and the old habit be resumed. Another form of punishment often adopted by parents is to send a child to bed without food. This method deserves strong condemnation, for it should be borne in mind that good nourishing food is as essential to the growing child as the air it breathes. To permit it to remain hungry for hours in expiation of some fault is wanton cruelty, and can certainly serve no good end. If it has forcibly deprived a smaller child of some delicacy, or if it has been guilty of gluttony, certainly it is good to administer punishment which will fit the offence, but under no circumstances should a child be deprived of plain and wholesome food. One of the worst influences that can be brought to bear in the formation of a child's character is the constant alternating of over-indulgence and severity.

It often happens that the child is allowed to do exactly as it pleases; its whims and weaknesses are encouraged, and its faults allowed to pass unnoticed. Now, a mother should never permit her child to get beyond bounds or control, otherwise it is very possible that it will take advantage of the latitude allowed to it.

Hints for Teachers.

And now a word to teachers—never keep children in school after school hours. It is equally hard on teacher and pupil, and it deprives the latter of necessary rest and recreation. In the middle of the day allow the children to go to their dinners, for by keeping them late it means that they must bolt their food in order to be back at school in time. Hurried meals are not good for either young or old, as they will in time cause indigestion and a host of stomachic troubles. Teaching should be made a pleasure and not, as it so often is, a task for children.

Advice to Parents.

Parents, teach your children obedience first—that is the mainspring upon which all other virtues move. Honesty, industry, affection, thrift, manliness, womanliness, and indeed everything which is necessary to the formation of a good man or woman will take root in the heart and bear fruit in the after-life of those who have been properly trained in infancy. Parents, be very gentle with your children. Watch over them constantly, reprove them earnestly. Adversity may overtake them, sickness may weaken them, a cold world may frown on them, but amidst all let memory carry them back to a home where the love of kindness reigned—where the mother's reproving eye was moistened with a tear, and the father frowned "more in sorrow than in anger."

PART VII.

The Home Laundry.

1. THE CHOICE OF SOAP.
2. TWO WAYS OF WASHING.
3. HOW TO STARCH AND IRON.

THE "SUNLIGHT WAY" OF WASHING.

I.

The Choice of Soap.

How Money is Wasted.

Washing was once an expensive item in household economy, partly on account of the careless methods adopted by many hired washerwomen and even by the otherwise thrifty housewife, but principally by reason of the inferior and harmful qualities of the soaps then in vogue. The amount of money that was annually lost either in the shape of damaged linen, or of doctor's bills occasioned by the arduous nature of laundry work—the amount of money, we repeat, annually lost would astonish many people who have never given this matter a more than passing thought. The amount of money still lost through the same causes is no mere trifle. The latter fact is all the more inexplicable seeing that there is now no reason whatever why it should be so. There is indeed no reason why washing should not be more inexpensive if done at home with the aid of a *good reliable* soap. There is still a

difference of opinion with some as to what constitutes a *good reliable soap*. Of course, this difference of opinion is only accounted for by the conservative habits of British people in general, and some British women in particular. It is astonishing when you come to think of it how tenaciously women cling to old ideals and to old-fashioned methods, but it is by no means an unpraiseworthy characteristic. It is a good sign when women are faithful to old friends and look askance at the stranger who comes jauntily along with offers of service.

But the housewife ought to make sure that the old friend in the shape of soap is a *true* friend, an *honest* friend. Many of these soaps are not only *not* true friends, they are frequently the worst enemies to the health and comfort and well-being of the household. If the soap used in the laundry be not a pure, wholesome, and neutral soap there is no telling where the mischief it causes ends. The soap will not only destroy the texture of the linen, not only ruin the sensitive skin of the face and hands, not only expose the woman

who uses it to the risk of catching severe colds, with a host of pulmonary or lung disorders in their train, it will—by the toiling and moiling it entails—succeed in rendering the housewife miserable and her life a burden. This is no highly coloured, fancy-drawn picture—it is sober reality, it is the experience of thousands of women in the British Isles to-day.

Good and Bad Soaps.

Let us glance for a moment at the nature of the materials which go to make up many of these coarse common concoctions which are passed off as soap. In the first place they contain a very high percentage of water. Listen to what Mr. Cross said at the International Sanitary Congress, in 1884 :—

"The love of gain when indulged at the expense of others is a vice which leads men to forsake art, and take to artifice. In soapmaking, it takes the form of perverting ingenuity to the production of highly *watered* soaps, the artifice consisting in keeping up the appearance of the soap in opposition to the influence of the water. It is scarcely necessary to point out that the severe test of the wash-tub soon reveals the true character of these *fraudulent soaps*, their lack of the genuine substance causing them to waste. In view of these facts, there should be no excuse for continuing to pay for water at the price of soap.

"It cannot be too widely known amongst consumers of all classes that those soaps are the most truly economical in which the percentage of water is lowest. What will *sell*, not what will *wash* (in the metaphorical as well as in the literal sense of that word), is unfortunately the criterion too often adopted in the soap trade as in others.

"Much of the evil complained of is due to the want of knowledge among purchasing consumers, who frequently insist on some (adulterated) article being sold to them retail at actually a less price than the genuine article would fetch in the wholesale market.'

Now though water in itself is perfectly harmless, in conjunction with soap it is by no means so, and, for this reason: a soap containing too great a percentage of water cannot possibly do its work properly as a detergent and cleanser without an enormous increase in the labour. Such a soap entails boiling, dollying, scrubbing, "from early morn till dewy eve," and even then the result is not satisfactory; add to which there is the feeling of utter exhaustion and prostration such ceaseless toil involves. Moreover, why pay even 2d. per lb. for water in an adulterated soap, when good, pure water can be had for a less cost per ton? The baneful effect on the bodily health and strength, incurred by using a soap containing too great a percentage of water, fades into insignificance before the harm resulting from the use of an impure *soap*, or of a soap containing alkali (soda and potash) in a *free* state, that is alkali unsaponified. No woman who values the appearance of her hands should use soaps containing soda and potash in a free state, as they coarsen and crack the skin, wrinkle the fingers, and make the nails broken and chippy, and their frequent use sometimes causes *skin disease*. The destructive effect on the clothes washed with such soaps is incalculable. If such soaps were to be had for nothing they would be expensive to use, as their use entails such heavy cost in the wear of the articles washed with them. The corrosive proportions of soda, potash, &c., could not be better described than by quoting Dr.

Stevenson McAdam, Lecturer on Chemistry, Surgeon's Hall, Edinburgh, who graphically describes the destructive action of soda on wool. After mentioning how strong alkalies, such as potash and soda, disastrously affect cotton, linen, and wool, he says:—

"On one occasion I employed this property of soda in a useful way. There was a large quantity of new blankets sent to one of our hospitals which, when given out, were said by the patients to be not so warm as the old blankets were, and that led to an investigation as to whether the blankets were genuine or not. They looked well, and weighed properly, and I got a blanket sent to me for examination and analysis. We found soon that there was cotton mixed with the wool, and the question was as to separating the two, because they were thoroughly woven throughout, and it was only by detaching the fine fibres from each other that you identified the cotton fibre. I fell on the device of using soda. I took a bit of blanket and put it in a vessel with soda, and boiled it there, and quickly the wool got eaten away by the soda, and there was left behind the cotton as a kind of skeleton—a sort of ghost—of the original blanket out of which it was taken. I mention this merely to indicate to you the pernicious effects of using caustic materials which, when employed

strong by themselves, affect woollen articles in this way, and which, even when not very strong, will more slowly, but with equal certainty, tend to destroy the woollen fibre."

Apart from the harm caused by coarse cheap soaps, through the impurity of the materials or through the presence of alkali in a free state, it should be remembered that such soaps do not possess thorough cleansing properties, but have to be assisted by boiling, blueing, dollying, rubbing and scrubbing, so that instead of the soap doing the largest part of the work, this really has to be done by the washerwoman's hands and arms, aided by firing and brushes. How anyone with such facts before them can reckon such soaps *cheap*, simply because they are low-priced, it is difficult to understand, but that many people do so is only too true.

How to choose a Good Soap.

How then may a *good, reliable, and pure soap* be recognised? The one way in which this can be done is to choose a branded soap, a soap that is made by a manufacturer who has a reputation for making absolutely pure soap from the purest and sweetest of vegetable oils and edible fats, a soap in fact which carries a guarantee on every tablet that it is pure, and genuine, and free from adulteration. If you are careful to note when purchasing your soap, that the manufacturer holds a Royal Warrant as Soapmaker to the Queen, you may rely upon it that you are getting a genuine, unadulterated soap, for it is quite evident that Royalty would not patronize other than *the best*. Happily for us, modern science has placed within the reach of the slenderest purse a soap whereby all the discomforts and unpleasantness which formerly attended washing-

day may be avoided, and by which washing may be done quickly, easily, and economically without boiling or scrubbing and with the increased satisfaction of knowing that the most delicate texture may be beautifully cleansed by it without the least danger of injury. And that soap is SUNLIGHT SOAP.

We might quote testimony after testimony as to the vital relation of pure laundry soap to health, but one will suffice. On matters of sanitation hygiene and there is perhaps no better authority in the United States than the *American Journal of Health*, and the following outspoken criticism and unsolicited testimony appeared as a leading article in that paper on August 7th, 1898, signed by Dr. S. J. Martin:

"If any people cling to the idea that the question of purity in laundry soap is of minor importance the sooner they think otherwise the better. And if the person who is careless about laundry soap happens to be a housekeeper, then so much the worse for others as well as for herself. Indeed, this journal hesitates not for one instant to assert that neglect in the selection of soap for the laundry is productive of some of the most serious evils against which the hygienic and sanitary Press is ever waging an uncompromising and remorseless warfare.

"We deem it to be scarcely essential, in discussing this

vital question, to enter into details concerning the common practice of soap adulteration. The main issue is to establish beyond all doubt what are the laundry soaps that merit the praise of the hygienist and the unquestioning confidence of the general consumer. That laundry soap is variously adulterated with such ingredients as starch, silex, and chalk, in order that certain effects may be produced which deceive the housekeeper and give the appearance of merit where none exists, is a fact very familiar to the analytical chemist. But what the consumer most needs is advice as to the soaps which are not adulterated and so can be trusted to give the best results. To supply such information the *American Journal of Health* is constantly examining laundry soaps and sifting the good from the bad. One of our latest chemical tests was undertaken in the case of 'Sunlight Soap,' offered by Lever Brothers Limited. We find that this soap is composed of first-class ingredients, that it does not contain the smallest percentage of adulterative admixture, and that in practical use it will conduce to economy and the saving of labour, as it possesses cleansing properties in the highest possible degree.

"It is a mistake to suppose that the skin is affected only by toilet soap; inferior laundry soaps also induce cutaneous diseases, their impure and deleterious qualities being communicated to the skin through the clothing and other articles of linen wear, etc. No one is safe from the possibility of attack by cutaneous diseases if his clothing, his handkerchiefs, his table napkins are washed with adulterated soap, or that which is composed of low-grade materials. The substance of a laundry soap fit to use must be as pure as 'Sunlight Soap' has proved, upon our

analysis of it, [illegible]
samples offered [illegible]
comers, and [illegible]
in our judgment [illegible]
influenced [illegible]
facts. [illegible]
our [illegible]

should be ironed on the right side to make them glossy. Flannels must never be ironed with a *very* hot iron or they will shrink; they must be ironed on the wrong side before they are quite dry.

Starched things, especially shirts, collars, and cuffs, should be dried well before a hot fire after ironing. They will then become much stiffer.

Mangling. Sheets, body linen, etc., must be quite damp before they are mangled, and should be placed *quite smooth* between the rollers. If possible, one person should hold and smooth the linen as it passes through the mangle, while the other turns the handle. Creasing will thus be prevented. Mangle large things and small things separately. Always take care that buttons, hooks, etc., are inside the folded linen before mangling, otherwise they will be smashed in the process.

PART VIII.

Taste in Dress.

NO CARE

The care of the family wash is a burden hard to be borne, but easy to remedy.

NO WEAR

The wear of clothes in the family wash is often greater than their wear in use; it should not be so.

NO TEAR

The mending of garments torn in the wash is an ordeal no woman need go through. Every housewife may confidently expect no wear, no tear, no care on washing-day if she uses

Sunlight Soap

There is less labour greater comfort, in the family wash, and thus there is

NO CARE

There is no hard rubbing, nor dollying, nor boiling required, and hence there is

NO WEAR

Without hard rubbing and dollying, the clothes can be made sweetly clean, and there will be

NO TEAR

Taste in Dress.

How Dress Affects Appearance.

If "the apparel oft proclaims the man," is it not a still more distinguishing characteristic in the case of woman, giving us an index not only to her taste, but also to her character, habits, and disposition? Dress is not a subject to be taken lightly; it probably means far more to most of us than we are aware.

Often as we have been told of the folly and futility of judging by appearances, our very advisers find it difficult to inform us by what other method we can with any accuracy estimate the respectability, status, and means of those with whom we are brought in contact, or of those many hundreds whom we meet and pass from day to day.

In civilised races, unlike the savage, the habit of adornment has been handed over to the female, and though men even now take almost as keen an interest in their wardrobe as women, the lack of variety in their attire makes it difficult for them to develop the faculty to the same extent as the weaker sex. Still we can but admit that dress is a potent factor in the lives of both men and women, and this fact was never more apparent than it is to-day.

Whatever our rank or station may be, dress is a matter we cannot afford to neglect. Roughly speaking, we might easily divide the feminine world into classes, the quality and characteristics of the attire determining the class to which each individual is assigned, each division being made without reference to social position or wealth.

of men may know nothing about prevailing styles, but they do know what they like, and, generally speaking, they like what is really becoming.

But do not mistake the drift of those remarks; they are not intended to urge that women should study the becoming entirely without reference to the prevailing mode. Certainly not! The woman who cannot combine the two, however remotely, is, must be, and will ever remain a failure as far as dress is concerned. She need not attempt to follow the styles of the season in every item of her attire, but while her hat may be of the picture order of no particular date, the cut of her collar, the pockets on her coat, the length of her skirt, the size of her muff must hit the reigning mode. Although not entirely in the fashion, she must not be entirely out of it.

Colour In Dress.

A celebrated dictum of successful dressing is to attire yourself according to your eyes. This, like many other wise saws, is to be taken tempered with discretion. If the hair is black and the eyes blue it may almost invariably be followed with the best results; if the hair is auburn, gold or chestnut and the eyes blue, green, or grey it will also be successful, but in this case if the eyes are brown or hazel it will almost inevitably result in failure. Dark women with black eyes and the pallor which so frequently accompanies this sombre colouring are extremely ill-advised to venture on black unless relieved by some warm, bright tone, such as red or orange. Women with very fair hair and eyes of glittering greenish grey often look uncommonly well when robed in a greenish-grey hue, and the same remark applies to all shades of blue eyes.

If a woman is so unfortunate as to have absolutely no idea of correct colouring, the best thing she can do is to put herself in the hands of a thoroughly reliable dressmaker, always assuming that she can afford to do so; if she cannot, and there is no one whose advice is worth taking, she had better place herself in front of a mirror in a strong light, and having a white collar or band round her neck, lay pieces of stuff of various colours just below and in close proximity to the chin. By this means one glance at the glass will show which colours light up hair, face and skin, which bring out the yellow or blue tones of the complexion, and which enhance or destroy her colouring generally. It is absolutely certain that if a woman dons a colour unsuited to her, the loveliest textures and the most faultless cut and fit will be thrown away on her, as she will never, so attired, succeed in looking her best. And here a hint may be given that of all tones, purple, in its various shades, is perhaps the most difficult to deal with. Paradoxically enough, the very fair and the very dark woman may disport the royal colour frequently equally well, but both must possess a certain appearance of brilliance and vitality, as no hue more surely saps colour and glow than purple. Heliotrope, particularly the pinkish shades, is not so difficult to deal with, but in any case all these tones must be used with discretion, and it must emphatically be stated that they are not under any circumstances suitable for that most difficult of all complexions, the sallow. Blue, particularly the sky and navy shades, is the safest of all colours. Very few women can go wrong in a dress of a warm navy shade, particularly if lightened with white or cream and touches of gold or silver, but pale blues are only for those of good complexion. Both pink and red are not worn to the extent they might be, for both are more

universally becoming than is generally believed to be the case. Of late years brown has been but little worn, though fawn always seems more or less popular, but neither is really an easy colour to wear successfully. Brown, for some reason or other, rarely looks smart, however good the material and well-made the gown, and fawn must be eschewed by all persons of neutral tint; to pale or sallow people it is fatal, and the same remark applies to the lighter tones of grey. Grey, in many ways the loveliest of neutral colours, requires to be worn and chosen with discretion. Those lucky people whom it suits should only wear it when looking well, as grey demands brilliance of colouring both in face and hair, and indeed is absolutely essential in the former. This colour is one of the easiest to combine with others, and excellent results may be obtained from touches of yellow, orange, turquoise, scarlet, salmon-pink, white, silver, steel, or gold, always considering, of course, the fact of being a blonde or brunette in so doing.

White, which like grey, has been very popular of late, calls for brilliant colouring, and curiously enough is frequently more suited to the glow of maturer charms than to the delicate and evanescent tints of girlhood.

Black and white is without doubt the very smartest of all combinations, and suits the majority of women. Yellow, which used to be considered the prerogative of the dark woman, is now worn with the happiest results by those possessed of clear, white skins, copper or chestnut coloured hair, and dark eyes. Generally speaking, complexion decides the question of the successful wearing of this colour, as if clear it whitens the skin, if muddy and dark it intensifies these undesirable attributes.

Most women find some shade of green to suit them. Bright greens, whether light or dark, must be worn with the greatest care, and never entirely unrelieved by other colours. Delicately fair women and rosy brunettes can wear green with impunity; whilst on the other hand muddy and yellow complexioned people would do well to utterly avoid it, as it frequently gives a livid look to the face.

Outline of Figure.

Having given these few hints as to the choice of colours, form, feature, and outline are the next subjects which claim attention. It is often averred—and with a large modicum of truth—that there is no figure created which is not imperfect in some detail, not one in which some member is not the exact replica of its fellow. Those who earnestly desire to present a smart appearance must crush vanity—at any rate in the sanctity of their own chamber — and minutely study not only their good points, but, also their defects. Having ascertained the latter, they must do all in their power to nullify and obliterate their existence. For instance, a woman who has one hip larger than the other must have her skirt made longer at the side of the projecting hip, in order that the

Set and Small.

skirt may not lift and so reveal the fact. If one shoulder is higher than the other, the coat or bodice must be cut to allow for this, and it should be so trimmed as to conceal the deformity as much as possible; a larger collar, a fichu, or epaulettes all serve this purpose. This remark also applies to those who are round-shouldered, as such people must never indulge in perfectly plain "backs." Those with high shoulders must rigorously eschew high sleeves, puffs, bows, and any sort of trimming at the top of the arm. Sleeves with the fulness drawn from the top half-way down to the elbow are desirable, and the Victorian drooping sleeve is most suitable of all. A flat falling epaulette may also be permitted. Those possessing a thick, short neck must wear plain, tight, and neatly folded collars and bands, with, if desired, such trimming as the "donkey's ear" fold, placed high up at the back of the neck; ruches or fussy collars of any sort must be tabooed.

Arms and Sleeves.

Women with long, angular and sharp elbows should never adopt a tight plain sleeve, as that style invariably accentuates and calls attention to this defect. To such individuals there comes as "a boon and a blessing" the ruched sleeve, sleeves formed of graduated tucks, sleeves with horizontal bands, slashed sleeves, bishop sleeves, and larger sleeves of all sizes and shapes. Those desirous of concealing the length of their arms would do well to have their sleeves made of two colours and materials—from the shoulder to the elbow, say, of velvet, and from elbow to wrist of silk. This is, of course, merely put forward as a suggestion, and it may be as well to here point out that in every case where hints or ideas are made in this article they must be regarded as suggestions modified to meet the modes of the moment.

A style that is not as much used by the thin-armed as it might be is that of placing a row of small bows horizontally from the shoulder to the elbow, each a short distance apart. Under no circumstances should the woman with long thin arms adopt the plain tight sleeve with the cuff falling over the hand—unless, of course, she desires to impress her acquaintances with her stick-like appendages.

The woman whose arms are too plump and short is almost more difficult to deal with than her slender sister, as it is far easier to increase than decrease proportions. For the rounded shapely arm nothing is prettier than a plain sleeve brought up high on the shoulder with as pointed a cuff as possible falling over the hand; the effect is enhanced if the material is ribbed or striped, and if it is so arranged that the stripes meet in vertical points all along the outside edge of the sleeve. Another way is to have the sleeve traced with a long narrow scroll design in braid, cord, or ribbon, which carries the eye up from the wrist to elbow in one long sweep, and which gives both elegance and grace; a wide stripe of lace or insertion may be used in the same way with excellent effect, but all horizontal trimmings and bands must be eschewed. The bishop sleeve looks equally well on a plump or thin arm, but balloon sleeves to the elbow are unbecoming to the stout. If, however, as sometimes happens, the arms are plump but *not* shapely, the perfectly plain sleeve must be avoided, and a slight fulness introduced high up on the arm by the shoulder; the sleeve must not be too tight or a painful impression of imprisoned flesh will be produced. Sleeves should never be finished absolutely plain and tight at the wrist, unless a linen cuff is worn, as the hard effect on the hand is most ugly. A ruffle of lace or chiffon, or even ribbon, will relieve the stiff unbecoming line.

The Collar. Next we must consider the collar—and a most important point it is—for unless the collar fits there will be no comfort, however beautifully built the frock may be. For some time past collars have been getting higher and higher to the no small misery of the short, thick-necked woman, to whom high neck gear is agony. Indeed it is said that premature wrinkles are the result of the tight binding of the throat, and hence those who value the smoothness and firmness of their skin will always encase the neck as loosely as possible. One thing may be said definitely, that the white linen collar is either the most becoming or the most unbecoming to wear; if it suits you, you will always look well in it; if it does not, never put it on. As a general rule a perfectly plain collar-band is most unbecoming; a frill of some soft stuff—preferably white or cream—starting from under the ear and meeting at the back, suits almost every type, as it frames the face. A small bow or kilting high up just behind the left ear has much the same effect, and the large bows that used to be tied at the back of the neck, standing out each side of the face,

Slim and Tall.

had a certain piquancy of their own. The woman with a painfully long and scraggy neck should never wear tight, plain collar-bands, but must always adopt the fussy, fluffy style of neck-gear which will hide and soften all deficiencies.

The short woman with a short, thick neck must also eschew tight, plain bands and wear low collars slightly, but not too much, trimmed. A plain twist of black or white satin ribbon has a style all its own, but must be worn with discretion and by the right person.

The Bodice. There are endless styles of bodices, and the choice being great, it behoves the fair wearer to exercise the greatest discretion. Here again, as always, it is imperative that she should carefully study her proportions, and reflect whether she is of stout, slender, or medium figure; are her shoulders high, square, or sloping; is she long or short waisted; flat-backed or round-shouldered? The woman to whom Nature has been too bountiful must wear bodices with long lines, long vests, straight revers, pouched fronts —which effectually divide the figure and conceal defects— and she should carefully avoid styles that shorten and "cut up" the body, including all barrel-like effects, such as horizontal stripes, tucks, bands, etc.

Thin women may apply the exact reverse of these rules to themselves, and the fortunate few with good figures of any and all types will have no difficulty in moulding fashions to their forms. One word of warning may be uttered in connection with this subject, and that is that each woman should be careful not to be beguiled by the

charms of a fashion-plate design. The design may look very lovely on the printed page, drawn on a figure specially sketched to show off its charms, but is your figure of that particular type? If not, then don't consider it for a moment.

The Waistbelt.

While on the subject of bodices, and before turning our attention to skirts, the waist-belt which unites the two deserves a few lines to itself. This may be "a thing of beauty and a joy for ever" to wearer and beholders, if it is only of the right shape, neatly put on, and, once more, worn by the right person. Any woman with pretensions to a waist may don a belt, but it best becomes the tall, young, and slight. Women, whose waists are shapely, but whose hips are unduly large and prominent, will do well to arrange their bands with a couple of rosettes at the back, from which two streamers of ribbon should depend; a rosette or *small* bow with fluttering ribbon-ends also looks well at the left side of the belt in front. The high, folded satin belt only looks nice on very slender, long-waisted figures, and even then needs the greatest care in arranging. The belt known as "Swiss" may be becoming if well made, but in general should be avoided. A slim, long-waisted effect may be obtained by using a broad piece of ribbon, fastened high at the sides under the arms, then twisted and brought down to a point back and front. This makes for grace on any figure. A belt high in the front and brought to a point at the back, or *vice versa*, is also becoming. With regard to the band-belt, to look well, it must be fastened securely to the skirt; gaps are fatal! In order to achieve this successfully it [illegible] be sewn on to the skirt itself,

but if this is impossible, it must be secured at the back and at both sides with large, firm safety-pins or hooks on the band, and eyes on the skirt in middle of back.

The Skirt. This is often and truly said to be the touchstone of the dressmaker's art. A badly-hung skirt will ruin the loveliest dress ever planned. Only the fortunate owner of a faultless figure can adopt each and every style of skirt; both those generously and scantily endowed by Nature must adapt the prevailing mode to their deficiencies. Speaking broadly, the skirt is usually the stumbling block of the short woman; what she sees and admires on her taller sisters she infallibly believes will adorn herself to the utmost advantage, regardless of the discrepancy in inches. A few general hints may be of use here. Firstly: Wide, short skirts take off height and add breadth. Secondly: Slightly trained skirts add to height; too much train has the opposite effect. Skirts trimmed round barrel-wise must be avoided; dark colours and plain or vertically-striped materials are best; stuffs with a rough, woolly surface and with large raised patterns should never be worn; cashmere, alpaca, and clinging materials generally reduce size; skirts of a different colour to the bodice take off height; those fitting the hips tightly and flowing in long, graceful folds to the feet give length; absolutely untrimmed skirts are usually the most successful. The tall, thin woman, whether angular or not, may apply the reverse of all these rules to her case, with the added remarks that skirts trimmed round, "three-decker" skirts, the tunic and the polonaise are all successful in her case, and soften any unpleasantly prominent angles, and that light tones add fulness to the form.

Head-Gear.

The hat is truly the apex of the costume. If the skirt is the pitfall of the short woman, paradoxically enough, the picture and the sailor hat are the failing of the sex generally. If the face is of the picture order, with fine features and eyes, vivid colouring, and the hair of an artistic shade the result is generally brilliantly successful, but without these attributes the object in view cannot be charmed. The sailor hat, too, is hardly ever appropriate wear after thirty has been reached, and is always more suitable to the "saucy bread-and-butter Miss" in her teens than to anyone else. The piquante type of face looks best under its brim, though it is occasionally worn with good results by those blessed by regular features. On grey hair, it adds ten years to the wearer's age. Small-featured women must never don picture hats; for them is the toque, and the neat-brimmed chapeau of all styles and ages. Those with a regular outline of face may wear hats of the Gainsborough type, whilst those whose features, charming though they may be, are irregular, must adopt the "floppy," "any shape" style; though, provided the colouring be good enough, the hat may be as large as desired. Those with retroussé noses should never wear hats with straight turned-down brims. Big brims throw a shadow over the face, and, therefore, only those with brilliant colouring can withstand this effect.

The toque is of all shapes the easiest to adapt to every style of feature, as it may be large or small, or irregularly trimmed, curved or straight as to outline, and moreover it has a style and neatness all its own, never attained by the smartest of smart hats. The bonnet and the toque are interchangeable terms, and the latter with the addition of strings would serve for the former.

People with large heads must wear good-sized bonnets and toques, as nothing is more absurd than a bonnet perched like some strange ornament on a head of noble proportions.

Short women should adopt tall hats and lofty trimmings, and to the majority of the Anglo-Saxon race it may be definitely said low hats and flat trimmings are not becoming. Faultless outlines of cheek and chin and perfectly shaped mouths are rarely to be seen: the English woman relies more on her exquisite colouring than on perfection of form and feature for her beauty, and, therefore, her headgear should not be chosen with a view to the exhibition of the most notoriously defective portion of her face.

Head Gear: The Sailor Hat, the Picture Hat, and the Toque.

Colouring is a most important factor in chapeaux; as in dress black, which is becoming to some, is fatal to others: dead white is almost invariably a failure, except for children: cream or ivory is very generally becoming; red and pink are for the few—very few—and must be worn with the greatest discretion; turquoise blue suits certain fair, clear-skinned women admirably; vivid blue and green are rarely becoming.

though the warm tones of both tints are very often successful; brown and fawn are both safe colours for those whom they suit; grey requires brilliance of hair or complexion, or both—for the pale it is impossible; purple usually suits those who can wear black and dark blues; mauve is hard to wear, and should be put on when the wearer looks and feels her best.

Before concluding let me impress upon my readers the necessity of perfection in detail; an out-of-curl feather boa, a soiled chiffon tie, gloves past their first freshness, shabby shoes, or a torn veil will effectually destroy the good effect of the smartest of gowns and hats. "Bien chaussée, bien coiffée, et bien gantée" must be the motto of the woman who desires to dress becomingly and well. Wisely chosen colours, carefully selected styles, the best of the etceteras of the toilet, the right dress on the right day, and the result is the well-dressed woman.

Lastly, remember that to be well-dressed is to be appropriately dressed—appropriate to the occasion, the season, your figure, your position, and—your purse.

PART IX.

The Home Doctor.

1. SICK NURSING.
2. "FIRST AID."
3. POISONS AND ANTIDOTES

Lovely Hands.

How beautiful is the soft white hand of woman!

And how eloquent it is! It asks, it invokes, it dismisses, it deprecates, it caresses, it entreats, it expresses almost every kind of emotion.

But this, the "choicest workmanship of Nature," as Coleridge describes it, is seen at its perfection in a baby's hand.

How a mother's heart throbs as she presses the soft, white, chubby little hand of her babe! How she fondles its pigmy thumb, its dainty fingers, pearl-tipped with semi-transparent onyx nail!

The baby's hand is a perfect miniature of what a lady's hand ought to be; yet how many succeed in preserving its youthful beauty of contour, its purity and delicacy of colouring?

It is not, however, impossible to preserve the beauty of the hand: with a little care, and washed regularly night and morning in warm water, with a perfectly pure toilet soap, this becomes very possible.

But the soap must be perfectly pure.

No purer toilet soap can be made than STARLIGHT Royal Toilet SOAP, and no one who uses it need have red, unsightly hands. It is a perfect emollient (*i.e.*, softener) of the skin, and its use will tend to ensure the soft, white hands so universally admired.

I.

Sick Nursing.

Especially written for Amateur Nurses.

By a Diplomée of a London Hospital.

THERE is no department of woman's work so essentially womanly as that which has been well-called "The gentle art of nursing the sick," and as unfortunately we cannot always, even in the best regulated and most carefully managed houses, keep sickness of some sort or other at bay, it is well for every woman to have some knowledge of this art.

The following things every woman should know how to do.

I.—How to keep the air of the Sick Room fresh and sweet.

To do this, care should be taken that the chimney is never shut up. Except in very hot weather, a fire (small, if the weather is not cold), should burn in the grate, because the fire causes the air in the room to be continually drawn up the chimney, and prevents it from stagnating. Stagnant air is as poisonous to breathe as stagnant water is to drink. A costless ventilator, as shown on next page, should be in every sickroom—it is merely a piece of wood which fits closely

(it should be made to take in and out) under the lower sash, when this is raised two or three inches. Fresh air from the outside, enters through the small space between the sashes, thus a constant supply of oxygen (the purifying gas of the atmosphere found in proper quantity only in the air out of doors) is brought into the room. It must never be forgotten that the exhalations from the body of a sick person are more unhealthy than those from a person in health—therefore, to keep a sick room unventilated and dirty, and to keep the patient unwashed and in soiled linen, *is to keep him or her living in a poisonous atmosphere* in which his or her chance of soon getting well is greatly diminished. It is also a very dangerous atmosphere for the nurse herself to live in.

No slop pail nor soiled clothes basket should be allowed to enter a sick room—everything that could make the air impure should be removed and emptied away at once. Two things are of paramount importance for keeping the air in a sick room pure and sweet—fortunately, they are both cheap and can safely be used by the most inexperienced person. They are LIFEBUOY ROYAL DISINFECTANT SOAP and permanganate of potash. Everything in the sick room, including

the patient, bed linen, and night clothes, should be washed with LIFEBUOY SOAP. This soap is impregnated with a powerful disinfectant—but at the same time it *is guaranteed perfectly pure and free from any injurious chemicals.* In use it will be found delightfully refreshing to the sick, and it will not injure the skin. The nurse will also preserve her own health by using it freely. A solution of permanganate of potash in water is excellent for washing cuts and sores, gargling the throat, and putting into chamber utensils and slop pails, as it immediately destroys foul smells. A pennyworth (it can be bought from any chemist) will make several gallons of the solution, but it is best to make it in small quantities as required. Put as much as will quite cover a threepenny piece into an ordinary wine bottle, fill this with water, and shake well. If possible, use a glass stopper instead of a cork. This solution will be the colour of claret. For gargling the throat more water should be added till it is a paler red. If this drops on linen or remains in crockery vessels, a brown stain will result. The stain can easily be removed from linen by soaking it for a few hours in salt and lemon juice, and then washing with SUNLIGHT SOAP and water. The stains can be quickly removed from glass, crockery, etc., by rubbing with a bit of lemon dipped in salt.

2.—How to keep the Sick Room Quiet.

Simple precautions, with this important object in view, are often neglected because the nurse forgets how irritating trifling noises, that she does not notice herself, may be to the weak nerves of the sick. The creaking of a door may be stopped by oiling, or rubbing on the hinges a little SUNLIGHT SOAP. Rattling of windows can be prevented by

putting in a wedge of wood. Clatter of crockery may be lessened by covering the table with a soft cloth. The rattle of fire-irons may be prevented by stitching a bit of coarse stuff round the handles. The noisy replenishing of the fire may be obviated by quietly putting on lumps with the tongs, instead of throwing the coal on after digging it gratingly out of the scuttle with a shovel. Forethought, observation, and tact are needed in a sick room.

3.—How to change the sheets without moving the patient out of bed.

To change top sheet.—Take off all the upper bed clothes except the top sheet and one blanket over it, which loosen all round; lay the clean sheet—well aired and warm—and one blanket over these, and tuck the clean sheet and blanket under one side of the mattress; then, taking hold of the soiled sheet and blanket, draw them out at the other side.

To change under sheet.—Untuck it all round, roll up one side lengthways till it touches the patient's back, have the clean sheet ready rolled lengthways, lay this against the rolled soiled sheet, tucking in the loose side of the clean sheet under the mattress, lift or move the patient over the rolls on to the clean sheet, pull away the soiled sheet, draw out the rest of the clean roll and tuck it in all round.

NOTE.—**When upper and under sheets are changed at same time, always change the under sheet first. The patient must, of course, be kept covered with the upper bed clothes while the under sheet is being changed.**

*To change the draw sheet.**—Attach with safety pins one end of the clean to one end of the soiled, and draw until the soiled is drawn out and the clean one drawn into place across the bed.

* **A draw sheet is a sheet folded in two or three *lengthways*—it is laid *across* the bed, under the patient's waist to knees. To put it on, roll up one end, which tuck under mattress, lay remainder across bed, and tuck under opposite side.**

4.—To make Poultices.

A linseed poultice should be made with *crushed linseed*, not linseed meal, because the oil is extracted from the latter. The browner and oilier linseed is the better. For a chest poultice, pour half a pint of boiling water into a heated pudding basin—which should stand in a larger one half full of boiling water—at the same time sprinkling in as much crushed linseed as the water will absorb. Beat till smooth (it must not be too moist), spread quickly with a broad-bladed warmed knife on a piece of flannel or stout brown paper, and pour a little oil over surface—this enables the heat of the poultice to be better borne. The poultice must be put on to the skin without anything *between* its surface and the skin. A poultice should not stretch quite to the edge of the paper or flannel, of which there should be an inch or two of margin left all round. The poultice when on should be covered with a piece of flannel or woollen stuff, warmed, and be kept in place by a bandage. *A linseed poultice will do no good at all unless applied as hot as can possibly be borne. It will do harm if left on after it has grown cool.* Poultices should be changed every two or three hours, the fresh one being ready at the bedside before the other comes off. When finally removed, the skin must be wiped dry and covered with hot flannel. A poultice should never be more than half an inch thick. If a heavy poultice is placed on the chest of a person whose breathing is laboured it may do serious, even fatal, damage.

To make a Mustard Poultice.—Make a linseed poultice as above, and then sprinkle in and well mix through it two tablespoonsful of dry mustard.

5.—How to take the Temperature.

This is done with the Clinical Thermometer, *i.e.*—a little thermometer that accurately registers the heat of the body. The heat of the body in illness is a most important index of the state of the patient, and it often varies considerably in a few hours. Every woman who attends the sick should know how to take the temperature correctly. By doing this she will be a valuable help to the doctor, especially in country places where one doctor has to attend a number of scattered people—the information on this point, which the nurse can write down and send by a messenger, will save a doctor many a weary journey. To take the temperature place the *bulb* of the thermometer *under* the tongue, resting well into the root, the lips and teeth should hold it *very gently* in position. Cheap thermometers (1/6 to 2/-) must be kept in place for three minutes; but, for 3/6, one can be bought that will register the temperature in half-a-minute. The mouth is the best place in which to take the temperature, but if the patient has a cough, or is restless, the bulb of the thermometer may be placed in the arm-pit, which must first be wiped dry; the patient should not have been washed or uncovered for some time beforehand. The bulb must fit up into the hollow of the arm-pit, taking care that all clothing is quite away from it and only flesh surrounds it, and that it is kept in place by the arm being folded firmly across the chest, otherwise the thermometer may slip aside. The natural heat of the body is 98·4°. In illness it generally goes up to over 100°, in severe fever it may go to 107° or 108°, which is a symptom of the most serious danger, a fatal issue generally resulting when the temperature rises to

this height. When the thermometer is removed it should indicate, and be carefully inspected to see how many degrees the line of mercury has risen over the little arrow head marked on the glass which is at 98·4°, the normal temperature of the body. A little practice is needed before one learns to take the temperature correctly, and the doctor who is attending a patient will tell the nurse if she can rely on her reading accurately on the thermometer if she asks him to do so.

6.—To Count the Pulse.

Place the tips of the fingers just inside the wrist bone on the thumb side of the patient's hand. An artery will be felt beating, each beat should be counted whilst quarter of a minute is passed over by the seconds' hand of a watch, then calculate the number in a minute. 72 is normal. The beat of a child's pulse is quicker than that of an adult.

7.—To Count the Respirations.

Healthy people draw breath about 18 or 20 times in a minute. In illness the number of times is sometimes doubled. Place the warmed hand on the lower part of the chest and count the number of times it *rises* in a minute.

8.—To Keep Infection from Spreading.

Infectious cases when nursed at home should be nursed in a room at the top of the house ; the infected air rises—if the patient is nursed below, the air throughout the house will be contaminated. Everything that comes near the patient, if it is washable, should be washed with LIFEBUOY SOAP, which contains a powerful disinfectant—*i.e.*, infection destroyer—and then boiled. Things that cannot be washed should be

burnt. The nurse should frequently wash her hands with LIFEBUOY SOAP, using a nail brush. Nothing used in the sick room should be used in the other parts of the house.

9.—How to Help the Doctor.

Obey his orders. Never deceive him as to anything that has been done in his absence. Keep careful notes of symptoms, etc. When the doctor is expected, provide a small table outside the door of the sick room, on which have a basin, a can of hot water, a clean towel, nail-brush, and a tablet of LIFEBUOY SOAP. Doctors much appreciate this little attention, for by washing their hands with LIFEBUOY ROYAL DISINFECTANT SOAP before they leave the patient they are prevented from carrying the seeds of disease to other places which they visit.

II.

The Principles of "First Aid."

A Noble Occupation.

There is no occupation so noble in every way, nor no employment better calculated to inspire the higher feelings of humanity, than the act of alleviating the pain of some poor suffering fellow-creature. Unfortunately, not everyone possesses the skill or necessary qualifications or medical knowledge to perform successfully the part of a ministering angel in the hour of emergency. There is evidence of this day after day in the crowded thoroughfares of our large towns and cities. A person may be walking along when a sudden seizure of faintness may cause prostration, and the incident attracts a circle of persons who express their sympathy and commiseration for the unfortunate individual, but through ignorance and inability no one attempts to offer help or succour. A knowledge of "first aid" is essential to everyone and, as there is nothing very difficult or complicated in its study, young as well as old can acquire the knowledge very easily, and by degrees become

Bandaging a wound on the Palm of the hand.

quite expert and skilful practitioners. If the principles of "first aid" were more widely and better known than they are—if the subject received only half as much attention as football or cycling—the study of it would well repay those who gave it attention. How many are there who, when accidents happen, can only look on and wring their hands in sympathy and despair, regretting that they are not able to render the necessary aid to alleviate the pain of the suffering one?

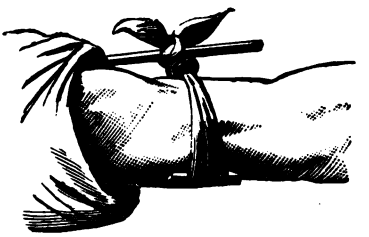
Why, then, should not everyone make the best use of the opportunities afforded for becoming acquainted at least with the rudimentary principles of "first aid?" In many of our towns and cities there are branches of the St. John Ambulance Association, where classes are formed for the purpose of giving instruction and information on the principles of "first aid." Whenever it is possible or convenient those classes should be attended in order to obtain a thorough and practical knowledge of the subject. It is not, however, absolutely necessary to attend the classes to gain sufficient knowledge to administer "first aid" to the injured; any intelligent person can readily become proficient by carrying out the instructions given in this chapter

The Human Machine. In the first place it is necessary to know something of the construction of the human system. The bones form the framework, muscles produce the movement, but all sensations and emotions are dependent on the nervous system; the blood by the action of the heart is diffused over the body, and food which is partaken of is digested in the stomach and intestines, and finally conveyed to the tissues of the body. The skeleton is a firm framework, consisting of hard and durable bones. The bones

support the flesh, and surround and guard the principle organs of life, the brain, spinal marrow, heart, lungs, and intestines, besides making movement possible by means of the joints and muscles.

Fractures, Dislocations, &c.

Now, if any one of these bones becomes dislocated or fractured, the result may be dangerous if not immediately attended to. Where there are wounds it is always well to wash the surface with warm water and LIFEBUOY ROYAL DISINFECTANT SOAP, as the latter will effectually destroy any germs or microbes which might find their way into the cut flesh, and which, if not destroyed, would undoubtedly cause blood poisoning. Bandages, ligatures, tourniquets, etc., should be made with care and skill, as these are very important matters in rendering "first aid" successfully. A tourniquet can be made by placing a stone in a handkerchief over the main artery, tying the handkerchief, and then twisting it tight with a stick. Blood from an artery is bright red and flows in jets, whilst blood from a vein is dark bluish and flows slowly. The flow of blood in the arteries is from the heart to the head, hands, and feet, whilst blood in the veins is just the reverse.



A temporary tourniquet to stop bleeding.

Dislocations can readily be recognised — (1) by the deformity that the dislocation gives rise to, which may be noticed by comparing the alterations in shape with the other side of the body—and (2) loss of some of the regular

movements of the joint. Surgical aid should at once be procured, and whilst waiting for the arrival of the doctor the injured limb should be placed in a position most comfortable to the patient, and frequent cold bathing or cloths wrung out of cold water applied to the parts affected, so as to relieve suffering and prevent inflammation. The following methods may be adopted beneficially in cases of emergency.

Fracture of Collar Bone. A fall on the point of the shoulder may easily fracture the collar bone. The treatment in this case is to push the shoulder backwards and put pressure on the seat of the fracture until the bone is in its place. When this has been done make a wedge-shaped pad, put it in the armpit, and fasten it there by a bandage which surrounds the chest; then bring the elbow to the side and place the forearm so tightly in a position that it cannot be moved.

Dislocation at Shoulder. The shoulder may be displaced in three ways—inwards, downwards, and backwards. The dislocation can be found by finding a depression where the head of the bone ought to be, and very probably a tumour will be discovered near the heart in the armpit or towards the back, according to the manner of the dislocation.

Dislocation of Arm. It very frequently happens that when young children are forcibly pulled by the arm that a displacement is caused. The best way to treat a case of this kind is to grasp the hand and forcibly turn it upon the back, which will cause the bones to resume their proper position.

Dislocation of Wrist or Hand.

This happens but rarely, and can be told by the unnatural position of the hand, and the inability of the injured person to move the wrist joint. In a case of this kind all that is needed is firm pulling of the hand, which causes the displaced bones to slip into position. The bones of the hand are seldom displaced, but the bones of the fingers are occasionally dislocated, the thumb being more frequently dislocated backwards. Make extension in a curved line, by means of a narrow bandage or tape, firmly applied by a close hitch upon the finger.

Dislocation of the Ribs.

Dislocation of the ribs from the spinal column is frequently caused by a severe fall or a blow upon the back, and from the breast bone by violent bending of the body backwards. Great pain and difficulty in breathing is occasioned in either instances. What should be done in a case of this kind is to tell the patient to take a deep inspiration and slightly bend the body backwards, and whilst this is being done make some pressure on the projecting point. If the ribs are broken, a grating sound may be detected when a deep breath is taken or the patient moves, and the fracture can be found by passing one hand over the seat of the injury, and the other on the opposite side of the chest. In the case of a simple fracture the best course is to apply strips of plaster about two inches broad

A sling for injured arm or hand.

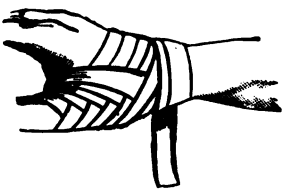
and extending some inches above and below the site of the fracture. By this means the ribs are kept perfectly at rest on the injured side. Many of the Ambulance Associations throughout the country adopt the following rules for first help to the injured : —

Wounds— Bleeding from Arteries.

HEAD.—Pad and bandage the wound.

NECK.—Place thumb into wound, and press backward against spine.

ARMPIT.—Press thumb into wound ; second person to press main artery behind middle of collar bone on same side.



Bandaging a wound to the thumb.

UPPER AND FOREARM.—Press with fingers, or apply tourniquet to inside of upper arm where pulsating. When below elbow, place pad in hollow or bend of elbow, and bend forearm against upper arm.

PALM OF HAND.—Close hand over a round stone wrapped in handkerchief ; bandage ; or press arteries at front of wrist.

THIGH.—Hand pressure at centre of fold of groin, or by tourniquet on inside of thigh.

HAM, OR BACK OF KNEE-JOINT.—Same as for thigh, or press by hand or tourniquet in ham above wound.

FRONT OR BACK OF LEG.—Press by hand or tourniquet at back of knee-joint, or double the leg up against a pad placed in the ham.

INSTEP.—Pressure to the middle of front ankle.

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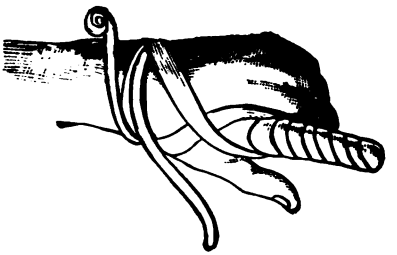
General Accidents.

SNAKE AND DOG BITES.—Apply a ligature (a cord) on the side nearest the heart, suck the wound, scratch the edges with a penknife, and apply caustic or carbolic acid to the wound.

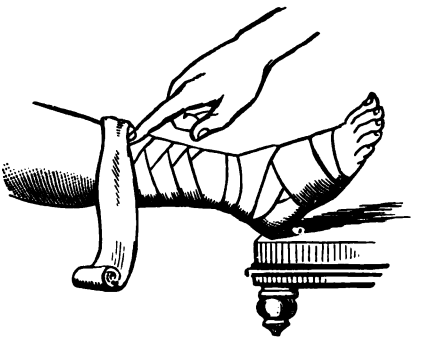
BURNS.—Place the part in a natural position and apply cloths soaked in oil. A paste of bicarbonate of soda and water quickly relieves pain of burns and scalds.

DROWNING.—1.—Lay the patient with the face downwards supporting chest with folded articles of clothing; place one arm under forehead. 2.—Whilst the patient is placed thus, make uniform but efficient pressure with the hand on the back or between or on the shoulder blades, so as to press the air from the lungs. 3.—Turn the body carefully first on the side and then briskly on the face back again. Each time the body is placed on the face make uniform but efficient pressure on the back between the shoulder blades, with brisk movement. Excite breathing by smelling salts or snuff. If unsuccessful within five minutes place the patient on his back, with his clothing underneath his shoulders; draw forward tongue, and keep it projecting beyond the lips, and grasping the arms above the elbows raise them above his head for two seconds, then lower and press against the sides for two seconds. Repeat these motions fifteen times per minute for an hour if necessary. On restoring the breathing apply warmth to the body by hot bottles—rubbing the skin—hot bath, and weak brandy and water.



Bandaging a badly cut finger.

Bone-Setting. Bones are hard, but brittle, and a smart blow or knock will cause them to snap or crack. Fractures are of two kinds—simple and compound. When the skin remains uninjured, the fracture is a simple one; but when the force which caused the fracture creates a wound, or when the ends of the bone protrude through the skin, the fracture is known as a compound one. A broken bone is known in more ways than one—there is violent pain, the limb is bent, and, if moved, the broken ends of the bone grate against each other. The fracture is set by the surgeon bringing the broken ends of the bone together, and binding and bandaging the limb by means of splints until the fracture knits. It takes from two to six weeks to complete this process, and if the bone is kept perfectly quiet the union will be perfect. In the case of a fracture, the best way to render aid is to place the injured limb in splints. Anything can be used as a splint—an umbrella, a walking stick, the branch of a tree, or a piece of a wooden SUNLIGHT SOAP box; in fact, the last-named article is admirably suited for the purpose. Splints may be fastened with pocket handkerchiefs, stockings, sheets, or, indeed, whatever will serve the purpose of a bandage. When the limb is bound in splints, the injured person, if unable to walk, should be placed on a stretcher or in a carriage and removed to the



Bandaging a foot.

FOREWORD.

As year by year rolls on, competition in every branch of trade grows keener and keener. Especially is this competition felt by the fairer portion of the community, by those, in fact, who are the least able to confront it. The utility of the "Dictionary of Employments for Women" will, therefore, be at once evident. The different professions, trades, and occupations open to women are therein treated in detail, and, as the drawbacks, requirements, and good points of each are clearly stated, it will doubtless prove a "friend in need" to the many who will consult its pages.

DICTIONARY . .

OF

EMPLOYMENTS FOR WOMEN,

With the Names of Institutions for their Benefit.

I.

ART.

This profession is greatly overstocked, and no one, unless possessed of exceptional ability, should contemplate taking it up with a view to earning a livelihood. It is possible, however, to make a living—in some cases a good living—by drawing for the Press, designing, or painting trade posters, and it would be well for any aspirant with artistic powers to turn her attention to any one of these three branches of Art, *supplementing* the income gained in this way by the painting of pictures. Portrait painting, provided that the artist once manages to hit the public taste, is the most paying branch of purely artistic colour work.

Art Schools and Institutions.

Royal Academy of Arts, Burlington House, London. Instruction is given gratis, but students provide their own materials. Hours 9 a.m. to 4 p.m. Applicants for admission must give proof of their proficiency, and send in specimens of their work, with a printed form duly filled in, to the Academy before June 28th or December 28th. The printed form and particulars may be obtained from the Registrar.

The work is interesting and eminently suitable for women, and those possessed of a power of originating novel designs for book covers, and whose artistic powers are of a high order, should do well at this craft. A certain amount of physical strength is necessary, as there is a good deal of stooping over the presses, etc. Training: Classes are held in elementary bookbinding at the Home Arts and Industries Association, Royal Albert Hall, S.W. Fees: 3s. 6d. a single lesson, £1 for a consecutive course of eight lessons. The cost and number of tools and plant required vary according to the class of work done; prices range from £1 to £10 for presses, materials, etc. All particulars may be obtained from the Secretary, Miss Pace. Miss Birkenruth, 89, Cromwell-road, S.W., gives lessons in this craft. Terms for a course of two months' lessons, £20; single lessons, 10s. 6d. each. Two or three lessons of two hours each are given in the week; all materials, such as leather, paper, etc., are included in this fee. Mr. Cobden-Sanderson, the Doves Bindery, 15, Upper Mall, Hammersmith, is one of the great exponents of the craft. Those living away from London had better take elementary lessons from the local binder, or attend a class at the nearest technical institution, before going to some well-known instructor in binding. For the very simplest form of binding the following materials are necessary:—

	s.	d.		s.	d.
Wooden Press ..price about	10	6	Paper Knife....price about	0	1
India-rubber Roller ,, ,,	1	0	Backing Board.. ,, ,,	0	9
Foot Rule (metal) ,, ,,	1	6	Bottle of Fish Glue ,, ,,	0	2

Bookbinders' materials may be obtained from Mr. Corfield, St. Bride-street, E.C., or Messrs. Eadie, Great Queen-street, Long Acre, London. Bookbinders' tools may be obtained from Mr. Ullmer, Cross-street, Farringdon-road, E.C.; Messrs. J. M. Powell & Sons, 33a, Ludgate-hill; Mr. J. E. Richard, 44, Charing Cross-road, W.C. An excellent handbook is "Bookbinding for Amateurs," by W. J. E. Crane (Upcott Gill, 170, Strand, W.C.), price 2s. 6d.

CHROMO-LITHOGRAPHY.

This work is well suited to women, and is on the whole remunerative. Training:—The Chromo-Lithographic Studio, 43, Queen-square, W.C., gives first-rate instruction in this

subject. Before seeking admission, however, students must have obtained the Certificate from South Kensington, or must attend for two sessions at the Royal Female School of Art, in connection with the Science and Art Department, South Kensington. If her career at the School of Art is satisfactory, she passes on to the Chromo-Lithographic Studio, where she studies for three years. Apprentices at the studio receive a small remuneration for their work, if satisfactory, after a year or 18 months' probation. Fees: The complete course, if paid in advance, costs 30 guineas for three years, or 12 guineas a year if paid annually. The pupil purchases her own (inexpensive) tools, but the stones are provided for her.

CLERKSHIPS: Public and Private.

The latter are best obtained by watching the employment columns of the papers, but such posts are rarely very remunerative, and the competition for them is very keen. Necessary acquirements: Typewriting, shorthand, bookkeeping, commercial French and German; Spanish is also desirable. The Society of Arts holds examinations in all the above subjects in London and the provinces. Fee, 2s. 6d. All particulars may be had from the Secretary, John-street, Adelphi, W.C. Women clerks in the Civil Service have a commencing salary of £65, rising to a possible £190 per annum. Assistant superintendents receive £200, rising to a possible £400. Examination fee, 10s. Women typewriters hold posts in the War Office, Treasury, and Inland Revenue Departments.

Banks.—The Bank of England, Messrs. Baring, and Messrs. Rothschild employ women. Nominations are necessary, but are exceedingly difficult to obtain. A certain social status is indispensable.

Public Companies. — The Prudential Life Assurance Company employs women clerks. Salaries commence at £30 per annum, rising by annual increments of £10. Most of the big railway companies employ women clerks, amongst them the London and North Western. Particulars may be had from the Secretary at the London office. The pay is not specially good, but there is much competition for these posts.

cream from the milk, testing the milk and temperature, etc. Lectures are given, classes are held, and the pupils write exercises on specific technical subjects, etc. Certificates are awarded for proficiency. Training: This may be obtained at the British Farmers' Institute, Reading; Cheshire County Dairy Institute, Worleston, near Nantwich; the Agricultural College, Aspatria, Cumberland; University College of North Wales, Bangor; Agricultural College, Cirencester; Scottish Dairy Institute, Kilmarnock; Eastern Counties' Institution, Akenham, Ipswich; Bath Migratory Dairy School, which works in the West of England and in South Wales; the Munster Dairy Schools, Cork; the Migratory Dairy Schools, Ambleside, Westmorland; the Glasnevin Schools, near Dublin. Fees: The usual payment is £2 2s. for one month's course of one subject; for two subjects, £3 3s. Ten shillings is the average weekly charge for board. Remuneration: Assistant teachers usually receive a weekly salary of £2 2s. Head teachers in travelling schools are paid from £3 3s. to £5 5s. a week. Permanent salaries in training schools range from £200 to £400 per annum. The life is a pleasant one, and the travelling usually takes place in the spring, summer, and autumn months. At *present* this profession is not overstocked, but this state of affairs cannot continue, and there should be no delay in taking up this work.

DENTISTRY.

This profession has of late years been taken up by women, but only those of exceptional physical strength and nerve power should contemplate such work, as the long hours of standing, the stooping, etc., require much endurance, and, though frequently decidedly remunerative, dentistry is fatiguing and difficult work. There are women dentists practising in London, and there are openings for women as assistants, and, provided the establishment entered has a good connection and is of high repute, it is an excellent way of starting a dental career. Women are admitted as dental students at the National Dental Hospital and College, 149, Great Portland-street, London, W., and to the Edinburgh Dental Hospital, Chambers-street, Edinburgh. To obtain the L.D.S., Eng. (Licentiate in Dental Surgery), it is necessary to follow this method of procedure:

1. Apprenticeship, or instruction in mechanical dentistry for a period of not less than three years. 2. Attendance at lectures, etc., at a general hospital and medical school for 18 months—one summer and two winter sessions. 3. Attendance at a dental hospital and school for two years. It is possible to attend simultaneously at the General Medical and Special Dental Hospital and School, and thus to reduce the necessary time of training to two years. The cost of training for the L.D.S. is not less than £130. A premium is also required as a rule for the three years' articles.

DISPENSING.

This is a profession which may be recommended to women as it involves no labour for which the weaker sex is unfitted, and as it is one on which men and women compete on equal grounds. Many ladies are employed as dispensers to doctors in the country at salaries ranging from £45 to £65 a year, and as board and lodging are provided as well this pay must be reckoned as unusually good. Women are also employed as dispensers in hospitals, infirmaries, public and private dispensaries, and as assistants in chemists' shops. It is probably as dispenser to a country doctor, or as principal or assistant in a chemists' shop that the best opening is afforded for the woman dispenser. Those who desire to start in this business on their own account must remember that a three years' apprenticeship to a registered chemist and druggist is necessary before anyone can open a shop. Mention should be made of the fact that a good deal of capital is required to start a new business or purchase an old one, £500 not being too much. It is possible to work up to a partnership, but this is a somewhat slow and lengthy method. In any case it is necessary to pass the examinations of the Pharmaceutical Society, 17, Bloomsbury-square, London, W.C.; or of the Apothecaries' Hall, Blackfriars, London, E.C. The Junior or Senior Cambridge or Oxford Local Examination is accepted by the Pharmaceutical Society in lieu of their own first examination. The minor examination of the Society consists of chemistry, practical and theoretical, botany, Materia Medica, prescriptions, pharmacy, and a knowledge of poisons. The subjects of the major examinations are chemistry (practical and theoretical), physics, botany, Materia Medica. (This

over." It is best to train and work in London—for a time at least—as such experience has its value all the world over. The usual hours of the dressmaker are from 8-30 a.m. to 7 p.m., with one and a half hours interval for meals; on Saturday, 8-30 a.m. to 1 p.m. or 2 p.m. County Council lectureships in this subject are also to be obtained, but the competition for such posts is keen. There are also posts as dressmaking teachers in Domestic Economy and Board Schools, but the holders of these appointments are not specially well paid, and a good private dressmaking business is a far more remunerative and safer way of making a living. The tyro cannot do better than study Miss Prince Brown's simplified system of dress-cutting and tailoring. The book of instructions is 1s. net, and the book of diagrams 2s. net. (Publishers, A. & C. Black, Soho-square, W.C.) There can be no doubt that a fortune awaits the capable woman tailor who can produce a coat and skirt or a tailor-made gown in first-rate style. A good cut and fit and reasonable charges should be the stock-in-trade of the woman tailor. There is a Tailor Cutting Academy at Drury-lane, London. With regard to County Council appointments, it should be mentioned that it is absolutely necessary to hold the diploma of a Domestic Economy School recognised by the Education Department. The following give a thorough training in dressmaking: Mrs. Brownjohn, South Belgravia School of Dressmaking, 39, Cambridge-street, Eccleston-square, London; Miss Prince Brown, The Studio, Artillery Mansions, Victoria-street, S.W.; The Battersea Polytechnic, or any School of Domestic Economy granting diplomas in the subject. The fee of the latter for a course of twenty weeks is £10.

EMIGRATION.

Women who contemplate emigration should be thoroughly healthy, self-reliant, and sensible. The conditions of life in the Colonies are utterly different to England, but the woman who deems all work honourable, and who can "turn her hand to anything," is likely to be a successful colonist. The necessary domestic training for Colonial life may be obtained at the Leaton Colonial Training Home, Wrockwardine, Wellington, Salop. The course lasts for three or six months

Terms: 15s. for a single bedroom, and 10s. for a double bedroom shared with another. Instruction is given in housework, cooking, dairy work, the care of poultry, laundry work, dressmaking, and ambulance work. All the work of the house is done by the pupils. Certificates are given, and pupils are assisted to posts in the Colonies as far as possible. There are openings for shop assistants, seamstresses, laundresses, nurses, and servants in Canada. Western Australia is the only colony which grants free passages to single women. Information may be obtained from the United British Women's Emigration Association, the London office of which is at the Imperial Institute, S.W.; Hon. Secretary, Miss Lefroy. This association only assists emigrants of good character and capacity, and it sees that they are looked after on the voyage, and are received on their arrival. The Colonial Emigration Society; Hon. Secretary, Mrs. Blanchard, 5, Albany Mansions, Albert Bridge-road, S.W. The Girls' Friendly Society (Emigration Department); address the Hon. Mrs. Joyce, St. John's Croft, Winchester. Young Women's Christian Association (Emigration Department); Hon. Secretary, Miss C. Hope, 7, Ovington-gardens, S.W.

HORTICULTURE.

Gardening in its many branches offers employment to women horticulturally inclined. To become a practical gardener a thorough training is necessary, but many women supplement a small income by supplying private individuals or shops with flowers, roots, or foliage regularly all the year round. It is well to have some speciality, one or more flowers superior to those of the same kind sold by others, such as double primroses, violets, roses, etc., or hardy herbaceous plants, bulbs of different kinds, seeds, foliage, etc. A thorough training in all branches of horticulture can be obtained at Swanley College, Kent. Fee: £70 a year, inclusive of everything except books and laundress, or £86 with a separate bedroom. There are three terms in the year, with about ten weeks' holiday. Instruction is given in: 1. Practical work out of doors and in the greenhouses, carried on by students under skilled supervision. 2. Theoretical work in lecture or laboratory. The work

comprises instruction in fruit, flower, and vegetable culture, storing and preserving, packing, marketing, and how to buy and how to sell produce. Scholarships are offered by the London, Essex, and Kent County Councils, and by the Ladies' Committee of the College. The diploma is granted to those who have completed two years of theoretical and practical work. All particulars with regard to women students may be obtained from Mrs. Watson, Lady Superintendent of the Women's Residence, South Bank, Swanley. For those who desire to take up florist's work more particularly, there is the Women's London Gardening Association, 62 & 64, Lower Sloan-street, S.W., which undertakes the care of gardens, window boxes, conservatories, balconies, and floral decorations of all kinds in and around the Metropolis. Ladies over eighteen are occasionally taken. Premium, £30 for one year's training. After the first three months a small weekly salary is paid, increasing each quarter. A week's trial is given before pupils are bound as apprentices. Hours usually from 9 a.m. to 7 p.m. A fortnight's holiday is given in the late summer. Ladies possessing technical knowledge of horticulture are occasionally taken for four months on payment of £10 premium and no salary. This is useful for those who wish to learn the *business*. The knowledge thus gained is especially helpful for those who desire to start or enter a florist's shop. Other firms which occasionally take pupils are Miss Webster, 20, Park-side, Knightsbridge, S.W. (premium about £20 for six months); Mrs. Green, Crawford-street, Bryanston-square, W.; Mrs. Arthur Wellesley, 4, Lower Grosvenor-place, S.W.; "Loadstone," 13, Motcomb-street, S.W. It is doubtful if a girl could make a living by doing nothing but table and house decoration, as it would take time, money, and influence to work up a connection privately, and it would save trouble and anxiety to be permanently employed by a fashionable firm of florists. Landscape gardening is another branch. Lessons may be obtained at the Crystal Palace School of Science. The course extends over eighteen months, and the fees for the whole period amount to about £90. Surveying occupies six months. Miss Wilkinson is a Landscape Gardener to the Kyrle Society and Metropolitan Public Gardens Association, 6, Gower-street, W.C.

INDEXING.

This occupation is not as yet overcrowded, and it affords fair remuneration to competent workers. It is almost entirely piecework, so that the fast and capable worker is paid accordingly. A good education is absolutely necessary in order to succeed. The work is healthy, but it involves great mental strain and a sedentary life. Earnings range for quick and experienced workers from £2 2s. to £5 5s. a week; working eight hours a day the average pay is about £2 2s. or £3 a week. There is an Indexing Bureau at the Women's Institute, 15, Grosvenor-crescent, Hyde-park, W., under the charge of Miss Somerville, whose terms for a six months' course of tuition in the subject are twenty guineas. It takes quite that time to train, and pupils are permitted to remain as much longer as they wish without further fee until they are satisfied with their proficiency. Miss Nancy Bailey, Bailey's Indexing Office, 7, Great College-street, Westminster, S.W., who was the pioneer indexer, takes a limited number of pupils at her office. The fee is £20 for a training of twelve months. Miss Petherbridge, the Secretarial Bureau, 9, Strand, W., gives instruction in Technical Indexing. Fee for nine months, £26 5s. Influence is important in obtaining work, and for this reason it is well to train under some indexer of repute. Power of concentration is an important factor of success in this profession.

INSPECTORSHIPS.

Women are now appointed as Inspectors of Factories, of School Board Schools, and as Sanitary Inspectors by the different Vestries. The work is arduous and requires special gifts, and should not be contemplated by any woman unless possessed of excellent health and mental capacity above the average. The pay of Lady Factory Inspectors ranges from £200 to £300 per annum. Particulars may be obtained from the Factory Department of the Home Office. Lady Sanitary Inspectors are appointed by the different Vestries, the mode of procedure usually followed being that of advertisement in some paper—in London generally the *Daily Telegraph*—by any Vestry in want of an Inspector. The necessary certificates required in order to hold an appointment in London are those of the Sanitary Institute of Great Britain and of Parkes' Museum. Address the Secretary, E. White Wallis,

F.S.S., Margaret-street, W. Certificates are also granted by the National Health Society, 53, Berners-street, W., and the Hygienic Society, South Kensington. A good education is necessary, and amongst the obligatory subjects of study are ventilation, warming and lighting, house drainage, water supply, sanitary appliances, characteristics of vegetables, fish, etc., infectious diseases, sanitary law, details of plumber's work, etc. It takes about six months to prepare for the examination, and the fees in all amount to £3 3s. Salaries range in London from £80 to £100 to begin with, up to £150. In the provinces the pay is from about £62 to £100 per annum. Candidates must be unmarried or widows between the ages of 25 and 35. Sixteen days' holiday, exclusive of the Bank holidays, is allowed in the year. Full particulars of the qualifications possessed should be given when answering an advertisement.

JOURNALISM.

There are now many women journalists, but very few hold positions of importance on the Press. The incomes made are comparatively small, £50 to £100 a year being very general, and £150 to £250 somewhat rare. The work entails severe strain on the nerves and brain, and no one should contemplate journalism who is compelled to earn her own bread *immediately*, as it often takes years to obtain permanent employment on any paper, and till that is done earnings must be more or less spasmodic and irregular. It is best to try and get work on the local paper, as Fleet-street is practically closed to the journalistic novice, and it is well to make some subject a speciality, in order to acquire distinction from the hack journalist. Occasionally advertisements of vacancies are published in the *Daily News*, and an appointment might be secured by replying to some of these.

Societies, &c.

The Institute of Journalists, 78, Fleet-street, E.C.

The Institute of Women Journalists, Norfolk House, Arundel-street, W.C.

Women's Press Association, 35, Hastings House, Norfolk-street, W.C. Secretary, Miss Catherine Drew.

The Writers' Club, Hastings House, Norfolk-street, W.C. Hon. Secretary, Miss F. Routledge, B.A.

The Incorporated Society of Authors, 4, Portugal-street, Lincoln's Inn Fields. Secretary, G. H. Thring.

LAUNDRY WORK AND TEACHING.

Much attention has of late been drawn to this employment as a suitable profession for women. Whoever contemplates this work with a view to earning a livelihood by it ought to be quite certain that their health is robust, and that they will be able to endure the long hours of standing, the arduous work, and the heated atmosphere. This applies more particularly, of course, to those who take up laundry work with a view to becoming practical laundresses, as the work of laundry teachers is not of such an exhausting nature. There is much to be said in favour of laundry work, as the laundress, like the cook and the dressmaker, is an institution absolutely necessary to existence. There are openings for ladies and laundry matrons in charitable institutions, hospitals, and as manageresses of private or public hand or steam laundries. Those whose aim it is to become teachers of laundry work under the County Councils, or under the School Boards, would do well to train at some recognised School of Domestic Economy, which gives a thorough training and, if successful, a diploma to its students. It is as well to choose a school which is under Government inspection, and which is recognised by the Education Department as a training school for teachers, and also one where teachers are qualified for the certificate of the National Union. Those schools which make a speciality of training their pupils for posts as lecturers for County Councils, and as teachers in elementary schools, are best for this purpose. A knowledge of the commercial side of laundry work will always prove of value, and would-be laundry teachers cannot be too earnestly recommended to acquire a thorough working knowledge of the laundry business, as such information will always stand them in good stead, particularly in Board School teaching. Those who are anxious to train as manageresses of a laundry, or who desire to start an establishment of the kind as a private venture, could not do better than go through the course of

training provided by the London and Provincial Steam Laundry Company, Battersea Park-road, S.W. The premium costs £10 10s., and the course lasts for a year. Those accepted as pupils receive 10s. a week after the first three months, and £1 a week during the remaining six. The necessary training for a laundry diploma may be obtained at any of the Schools of Domestic Economy, particulars and addresses of which will be found under the head of *Cookery*. The fee for a complete course of laundry teaching varies at the different schools, but anything from £7 7s. to £10 10s. may be regarded as a safe average. The following course of work, taken from the syllabus of a Domestic Economy School of high repute, may be regarded as typical of the training of most of these institutions: Cottage washing, without a copper; the use of a steam washer; the management of a large wash; the getting-up of body and table linen—starching, glossing, folding, goffering—use of flat and gas irons, use of the lace poker; washing coloured cloths, gold laces, skin mats, cleaning and preserving fur, etc., etc. The salaries paid to laundresses and laundry teachers are, generally good, ranging on an average from £50 to £100 a year. There are, of course, one or two prizes in this as in other professions, such as the posts of Superintendents of Laundry Work to the London School Board, held by two ladies who receive £180 and £160 respectively. There is an opening for private enterprise for lady laundresses who will make a speciality of the washing and getting up of fine things, such as expensive lawn, nainsook, and lace-trimmed garments of the value of which the average laundress is both ignorant and reckless; and it should be borne in mind that success in this direction can be readily achieved by using SWAN White Floating SOAP, which is particularly adapted for washing lace and fine fabric. A laundry should be started in a good neighbourhood—suburban for choice—and cards should be sent to all the principal people of the place, with particulars of prices and an intimation of the speciality made of the washing of fine things. The success of a laundry depends largely upon the way in which the work therein is carried on. There should be proper supervision, skilful workers, and all orders should be attended to promptly and carefully. A good laundry is not complete unless well supplied with SUNLIGHT SOAP, LIFEBUOY Royal

Disinfectant SOAP, and LUX. Where SUNLIGHT SOAP is used the clothes can be made as white as snow without boiling, and, moreover, the most delicate colours will not fade when washed with this soap. LIFEBUOY Royal Disinfectant SOAP should always be used for washing patients' clothing, as germs and microbes are destroyed thereby and infection is prevented. In LUX, a new speciality manufactured by Lever Brothers Limited, Port Sunlight, laundresses will find a valuable adjunct, for frail and delicate lacework when washed in a solution of LUX and water will look as good as new. Ladies who are engaged in the laundry business will soon discover that by using the soaps mentioned a considerable saving in expenditure can be effected, whilst the laundry work will be better done in less time and with less labour.

LECTURERS.

This is a comparatively new profession, and so far the number of women lecturers is small, but there is no reason why this state of affairs should continue, as lecturing, like acting and singing, is an employment which may be followed as well by one sex as the other. The qualifications of a successful lecturer are numerous, and amongst them may be named a complete knowledge of the subject of the lecture, raciness of style, fluency of diction, power of controversy (should the subject require it), and clear articulation, and above all—the power of interesting an audience. It is almost useless for a lecturer to try to obtain employment by her own endeavours; far better is it to become associated with some society which sends out lecturers and makes all the necessary arrangements, and also takes all the responsibility. The University Extension System has largely popularised the institution of itinerant lecturers, and amongst the ladies on the staff of these societies may be named—Miss Jane Harrison, LL.D., who lectures on Classical Art; Mrs. Brownlow, on the History of Music; Miss Mary Lacy, on British Citizenship; and Miss Kate Raleigh, who gives Demonstrations at the British Museum on Greek Archæology. Amongst the societies which employ women lecturers may be mentioned:—The National Health Society, 53, Berners-street, London, W., which was established for the diffusion of sanitary knowledge amongst all

classes of society; it employs a staff of over thirty ladies as lecturers on Domestic Economy, Hygiene, and Cookery. Lectures on cookery, are, it is said, particularly needed. The course of training takes about one year. It is preferred that lecturers should qualify in several subjects. The Liverpool Ladies' Sanitary Association trains Health Lecturers, and grants certificates and scholarships (for residents in Liverpool). The president is Mrs. Alfred Booth; Hon. Secretary, Miss M. H. Graham, 317, Edge-lane. The Women's Industrial Council, 12, Buckingham-street, Strand, W.C., also arranges for the delivery of lectures on subjects bearing on the Council's work and activities generally; Secretary, Miss C. Webb. Lady lecturers are also employed in connection with the National Union of Women Workers (Secretary, Miss Janes, 59, Berners-street, W.), and in connection with the Women's Co-operative Guild, of which the Hon. Sec. is Miss Llewelyn Davies, Kirkby Lonsdale, Westmorland.

MASSAGE.

Anyone understanding this work must be thoroughly healthy and muscular, as, in Massage, power is required. Before becoming qualified to administer Massage, it is necessary to possess a practical knowledge of physiology and anatomy. It is now impossible to obtain work unless recommended by a doctor, and indeed such work should only be performed under a qualified medical practitioner's directions. The fee is usually reckoned by the hour, and varies from 3s. 6d. to 7s. 6d. Ladies occasionally obtain employment as Masseuse for a lengthy period, but such engagements are rare. The best course for anyone desirous of learning Massage is to make enquiries of one of the leading Hospitals for Nervous Diseases in the Metropolis. In any case avoid persons and private institutions advertising in the non-medical papers.

MEDICINE.

Women doctors are now no rarity, and slowly but surely they are making their way, and are successfully competing with men for public appointments. The necessary training is, however, long and expensive, and the would-be lady doctor, must possess health, nerves, and powers of physical

endurance beyond those of the average woman, and the mental capacity must be of an equally high order. Women are able to obtain medical instruction in mixed classes at the following University Colleges:—Aberdeen, Dublin, Belfast, Cork, Dundee, Galway, and at Newcastle-on-Tyne (for Durham University); partial training may be obtained at St. Andrew's University and at the Welsh University College, Cardiff. Amongst the Medical Schools for Women are:—The London School of Medicine for Women, in connection with the Royal Free Hospital, 30, Handel-street, Brunswick-square, W.C. Course of study lasts five years. For the entire curriculum at School and Hospital, and for the repetition of all but practical classes, £125 in one sum, or £135 in instalments. Dean of the School, Dr. Elizabeth Garrett Anderson; Hon. Sec., Mrs. Thorne; Sec., Miss Douie, M.B. The Edinburgh School of Medicine for Women: Qualifying for the University of Edinburgh, in connection with the Royal Infirmary. Course of study lasts five years, and comprises winter and summer sessions. In this school only, in Edinburgh, can medical education be obtained by women in separate classes. Fees for the entire curriculum of lectures, and of Clinical Instruction, £100 in one sum, or £105 in instalments. Dean of the School, Dr. Sophia Jex-Blake, Bruntsfield Lodge, Edinburgh; Secretary, Miss Cross, School of Medicine, Surgeon-square, Edinburgh. The Glasgow School of Medicine for Women is a part of Queen Margaret College, the Women's Department of the University of Glasgow, and is governed by the University Court. The curriculum lasts for five years in preparation for the Medical Degrees of Glasgow University. The classes are held in Queen Margaret College. As these are University Classes, certificates of attendance thereat may be used by candidates for degrees of London University, Victoria University, The Royal University of Ireland, and for the Triple Qualification of the Scottish Corporations. Fee for the whole course amounts to about £100. Hon. Secretary, Miss Galloway. The Medical College for Women, 20, Chambers-street, Edinburgh; College Secretary, Miss H. F. Mackay; Clerk to Association, Mr. A. T. Hunter, C.A., 128, George-street, Edinburgh. Dublin: Women are now eligible for the diplomas granted by the College, and separate rooms are set apart for them in the Schools of Surgery

attached to the College; apply to G. F. Blake, J.P., Registrar, Queen's College, Belfast. Women are admitted to all classes on the usual terms. Each course is charged separately. Apply to Dr. Redfern, Dean of the Medical Faculty. Newcastle School of Medicine open to women. Queen's College, Cork, School of Medicine open to women.

MENDING.

This homely work offers the prospect of remunerative occupation to those whose needlework is of the plain and simple order. Miss Younghusband has started a new department in connection with the Gentlewoman's Employment Club, 7c, Lower Belgrave-street, S.W., entitled "The Menderies," the charge for repairs being at the rate of 6d. an hour. This idea might well be copied by indigent ladies living in large towns, where there are many bachelors living in institutions or lodgings. Cards should be printed, and notices to the effect that mending is done, should be sent to such societies as the Young Men's Christian Association.

MILLINERY.

This business is an especially popular one, particularly of late, since many ladies of rank have taken it up. The practical milliner who has ideas, taste, and business capacity will never be in want of a good income, but a talent in millinery must be inborn in order to achieve real success at this trade. There are openings for women as teachers of millinery under the County Councils and School Boards, and anyone desirous of taking up this work must go through a course and obtain a diploma at some recognised School of Domestic Economy, such as those mentioned under the head of *Cookery*. Salaries paid to millinery teachers are much the same as those earned by teachers of dressmaking. Here again it is the *practical* worker who commands a good salary and constant employment. The visiting milliner is another institution of the trade, and though such a woman may never make a fortune, yet she will probably have constant employment, good food, and fair remuneration. The best plan of all is to pay a premium, which may be anything from £10 to £100, according to the class of shop entered, and learn the *business thoroughly* from beginning to end, as there is much *more* in millinery than a mere

trimming of hats and bonnets. Nearly all large drapery houses employ ladies as millinery buyers, and these are well-paid posts, but they require their holders to be of proved capacity. Miss Prince Brown, The Studio, Artillery Mansions, Victoria-street, S.W., gives lessons in millinery. The best training is to be found in some well-known house, such as that of Messrs. Debenham & Freebody, Wigmore-street, W.; Messrs. Liberty, Regent-street, W.; Madame Louise, Regent-street, W.; Messrs. Woolland, Knightsbridge, S.W.; Messrs. Hancock & James, 42, New Bond-street, W.; Messrs. Marshall & Snelgrove, Regent-street, W.; or in any first-rate shop in a large provincial town.

MISSION WORK.

Mission Work abroad—particularly Medical Mission Work—is being widely taken up by women, who in this useful and noble vocation have found ample scope for their talents and energies. It is absolutely necessary that the woman missionary should be trained, and it is also necessary that she should be thoroughly healthy in mind and body, capable of enduring fatigue, the rigours of climate, and a life without the luxuries of home should she wish to work in foreign lands. Particulars and addresses of training institutions for work at home and abroad are given below:—Church of England Zenana Missionary Society, 9, Salisbury-square, Fleet-street, E.C.; Deaconess House and Foreign Missionary Training Institute, 1, Blackburn-terrace, and 20, Rupert-lane, Everton, Liverpool. Ladies trained for Mission Work at home or abroad. Fees: 10s. to 21s. a week. Apply to Mrs. Stephen Menzies, Prince's-park, Liverpool. Deaconess Training Institution, 41, Ferntower-road, Mildmay Park, London, N. Mission Training Home for Ladies and Women's Missionary Institute, Hon. Secretary, Miss Lloyd, 143, Clapham-road, S.W. St. Denys' Home, Warminster, prepares women candidates for Mission Work at £1 a week; Training Home for Mission Nurses (in connection with the Church Army), 21, Nutford-place, Edgware-road, W. Hon. Superintendent, Miss Carlile, Diocesan Deaconess Institution, Chester, apply Sister Violet Hyde. Zenana Bible and Medical Mission: Secretary, Miss Hamilton, 2, Adelphi-terrace, Strand, W.C. The Deaconess Institute, The Green, Tottenham; The London Diocesan Deaconess

Institution, 12, Tavistock-crescent, Westbourne Park, W.; The Victoria Homes, Ballysillan, Belfast. Lady probationers under 22 years of age are trained as Home Mission matrons, and as technical and ordinary teachers for training homes for girls. Hon. Secretary, Mrs. Byers, Victoria College, Belfast.

MUSIC.

There is probably no profession so overcrowded with ill-educated and unsuitable people as Music. There is a vast army of women who endeavour to keep body and soul together by teaching music at 6d. or 1s. an hour, but who have no qualifications for the task. Nowadays the musician, be she performer or teacher, must be well-trained, and, if she wishes to become a music mistress, certificated. This is the only way in which to succeed, and except in the case of a fashionable teacher, or one who is employed at some college of music of repute, the income earned may very probably be sufficient, but is scarcely likely to be anything else. It is better to say once for all, that any idea of earning a living by singing or instrumental playing must be done away with at once, as only those fortunate few in the first rank can do so. Teaching was, is, and always must be the prop of the musician. Training: Royal Academy of Music, 4, Tenterden-street, Hanover-square, London; Principal, Sir A. C. Mackenzie. There are three terms, and thirteen weeks' vacation in the year. Admission by examination; the fee, £1 1s., being remitted on admission. Entrance fee, £5 5s. Fee for instruction, £11 11s. a term.; languages and deportment lessons extra. Candidates living out of London may be examined by a local representative. For all particulars apply to the secretary, Mr. F. W. Renaut. The Royal College of Music, Kensington Gore, S.W.; Principal, Dr. Hubert Parry; Hon. Secretary, Mr. Charles Morley; Registrar, Mr. F. Pownall. All scholarships, teaching, and examinations open to both sexes. There are 53 open scholarships, and 9 local scholarships, all tenable for three years. Fee for tuition, £40 per annum. Trinity College, London, for instruction and examination; classes and lectures at fees from 10s. 6d. a term upwards; open exhibitions and scholarships; examinations for diplomas and certificates. The prospectus and detailed particulars

may be had from the secretary, Mandeville-place, Manchester-square, W. Guildhall School of Music, established by the Corporation of the City of London. A nomination must be signed by an alderman or a member of the Court of Common Council. Entrance fee, 5s.; fees for one year of three terms, twelve weeks each, £4 14s. 6d. to £50, according to number of subjects chosen. Many exhibitions and prizes. Secretary, Hilton Carter, Victoria Embankment, London; Lady Superintendent, Mrs. C. P. Smith; Principal, Mr. W. H. Cummings. The Athenæum School of Music, Glasgow: Principal, Mr. Allen Macbeth; Secretary, Mr. J. Lander, F.R.S.L., 60, St. George's-place, Glasgow. The City School of Music, Victoria-street, Belfast. The Royal Manchester College of Music; Principal, Mr. Brodsky; Secretary, Mr. Withers.

NEEDLEWORK.

Women who are really skilful needlewomen can still make a living by their work, but this only refers to those who are really talented in this way, as nothing is of any value nowadays except the very best, particularly as regards handiwork. Shops which make a speciality of trousseaux and layettes often employ ladies, who take the work to their own homes; it would be necessary to either send specimens of work, or apply in person; the latter course would be best. Institutions: The Royal School of Art Needlework, Exhibition-road, South Kensington. Applicants must be gentlewomen by birth and education, and must agree to devote seven hours daily to work at the school. There is a preliminary course of instruction of nine lessons of five hours each; fee, £5. On the satisfactory completion of this, the applicant is registered as a qualified worker, making her eligible for employment at the school, when her services are needed; no pledge, however, is given of employment. London Institute for the Advancement of Plain Needlework; certificates and diplomas issued after examination; these are held in March, June, and October. Apply to Miss Chessar, 16, Stafford-street, Marylebone-road, N.W. Teaching by demonstration is a special feature. There are openings for teachers under the County Councils, in Needlework; the usual payment is from £8 to £10 a month, which includes board and lodging, and all travelling expenses

are paid for them. Three ladies are employed as examiners of Needlework by the London School Board, at salaries ranging between £150 and £195. The Decorative Needlework Society, 17, Sloane-street, S.W. The Royal Irish School of Art Needlework, 22, Clare-street, Dublin. The School of Art Needlework, 6, Donegal-square, Belfast. The School of Embroidery, High-street, Worcester: Principal, Miss Parmiter. The East Grinstead School of Embroidery, St. Katharine's, 32, Queen-square, W.C. The last two make a speciality of ecclesiastical embroidery, at which it is possible to earn £1 a week. A list of societies for disposing of work is given at the end of the Dictionary.

NURSING.

The two most overstocked professions to-day are probably teaching and nursing, and therefore it may be concluded that these are the most popular employments for women. Nursing is a career which should not be commenced before the age of twenty-four, as great bodily and mental strength is required for such work. The regulations for admission differ at the various hospitals, but the general rule is that the probationer must come to a decision as to whether she will remain or not by the end of her first month. It is possible to withdraw afterwards, but it is difficult, and sometimes expensive. The remuneration is never very high, but board, lodging, and uniform are provided; washing is sometimes an expensive extra, but if the probationer has time and opportunity she may do her own washing and this task can be quickly and satisfactorily accomplished if she uses SUNLIGHT SOAP. The work of nursing is arduous and often disagreeable, but is interesting also. Only the thoroughly robust in mind and body should contemplate it. Besides hospital nursing, there are openings for work as private, district, army, and workhouse nurses. Detailed particulars of these branches of the profession, and of some of the more important institutions and hospitals are given below: The Hospital for Children, 49, Great Ormond-street, W.C. The age limits here are 20 to 25; the period of probation is from three to six months. Salary: first year, £12; next two years, £18 each; and £20 per annum for the remainder. Board, lodging, washing, and uniform is given to probationers, though they forfeit the last if they leave

within a year. Lady pupils are received here for not less than one year at a charge of £1 1s. a week, in return for which they are trained, boarded, and lodged. Hospital for Women, Soho-square: The age limit for probationers is 25, and they must bind themselves for three years. Uniform, board, and lodging are given. The first year's salary is £12, rising by annual increments of £2 to a maximum of £28. St. Thomas' Hospital, Palace-road, Lambeth, S.E. This is the training school for Nurses of the Council of the Nightingale Fund. Probationers must be between the ages of 24 and 30. A separate room in the Nightingale Home, board, washing, and uniform are provided, besides a salary of £10 for the year of probation. On completion of the year of training, "they will be required to enter into service for the space of three years as hospital or infirmary nurses, in such situations as may be offered them; usual commencing salary, £20." Ladies between the ages of 25 and 33 are admitted under special conditions who desire to qualify themselves for posts as matrons, superintendents, ward-sisters, or district nurses. Personal application should be made to the matron at 10-30 a.m. on Tuesdays and Fridays only, and by letter. Royal Free Hospital, Gray's Inn-road, W.C.: Probationers are received for four years' training. No salary for the first year; £15, second year; £20, third year; fourth year, £25, with uniform and washing. Probationers are systematically taught, and they also attend courses of lectures. A certificate of efficiency is granted on the completion of four years' training, and after passing an examination. Guy's Hospital, S.E.: Probationers are received for three years. Salary for the first year, £8; for the second, £12; for the third, £18, with a possible increase to £30 if they remain at the hospital. Lady pupils are received on payment of £13 13s. a quarter, and they receive a certificate after one year's training. Middlesex Hospital, Mortimer-street, Berners-street, W.: Probationers receive a commencing salary of £12 per annum; second year, £18; rising by yearly increments of £2 up to £24. Lady pupils taken for not less than six months, at a charge of £1 1s. a week. London Hospital, Whitechapel-road, E., Training School for Nurses: Ladies and suitable women of all classes are received as probationers without payment. If appointed after a month's trial, a salary of £12 for the first year, and

£20 for the second. After satisfactorily completing two years' training and attendance upon nursing lectures, a certificate is given, but the full term of engagement is for three years. Probationers are also admitted for periods of not less than three months. Payment in advance of £1 1s. a week is required, inclusive of everything save washing. Candidates are seen by the matron, Miss Luckes, on Tuesdays between 2 and 4 p.m. Appointments should be made previously. St. Marylebone Parochial Infirmary, Notting Hill, W.: Probationers trained in connection with the Nightingale Fund Council, with a view to their employment as infirmary nurses. Age limit, 22 to 32. Salary during training, £10. Separate bedroom, board, washing, and uniform. Apply by letter to the matron, Miss Vincent. University College Hospital, Gower-street: The nursing is undertaken by All Saints' Sisterhood; apply to the sister-in-charge. St. Bartholomew's Hospital, E.C.: Special probationers received for periods of three months at a charge of £13 13s. Ladies received for a term of four years' training, on completion of which, after examination, they may receive a certificate of proficiency. Candidates may see the matron from 2-30 p.m. to 3 p.m. on Wednesdays. Salary: £8 first year, £12 second, £20 third, £30 fourth, with board, uniform, and washing. St. Mary's Hospital, Paddington: Age limits, 25 to 35. Probationers must bind themselves for three years. Salary: first year, £12; second year, £15; third year, £18, with board, lodging, washing, and uniform.

Children's Hospitals.—Belgrave Hospital, Gloucester street, S.W. Lady Superintendent, Miss Palmes. Evelina Hospital, Southwark Bridge-road, S.E.: Age limits, 20-25. Probationers received for a month on trial. If satisfactory the first year is spent in the hospital as a probationer and the other two years of training either in the hospital, or in district or private nursing. Salary, £10 first year, with an annual increase of £2; board, lodging and washing provided. East London Hospital for Children, Shadwell, E.: Limits of age; salary paid to probationers is £10 for the first, £12 for the second, and £20 for the third year of probation. Uniform and board are provided. North Eastern Hospital, 8, Goldsmith's-row, Hackney-road, E:

A certain social status and good education are required; probationers serve for two years. Salary, £14 first year; £16 second year. Uniform is provided, and laundry expenses. St. Mary's Day Nursery and Hospital, Plaistow, E.: Probationers received between the ages of 21 and 30. Premium, £30 per annum, including laundry and out-door uniform. Special training with infants and children, surgical work and dispensing. Salary given after first year, £12. There is a branch of the Children's Hospital, Great Ormond-street, W.C., at Cromwell House, Highgate. Lady pupils between 21 and 35, are trained, boarded, and lodged, at a charge of £1 1s. a week, for a period of not less than twelve months. There are Children's Hospitals at Glasgow, Nottingham, Manchester, &c.

District Nursing.—Salaries for this work range from £30 to £100 per annum. Those who contemplate this branch of nursing would do well to enter the central home of the Metropolitan Nursing Association, Bloomsbury-square, W.C. A limited number of untrained ladies are received on trial, and, if considered suitable, they are sent for two years' training to hospital, and then receive six months' instruction in district nursing. A year's training is necessary, unless previous experience has been obtained in a hospital, and afterwards six months' training in district nursing. With former hospital experience, the fees are £23; without, £50. On obtaining the certificate, the salary ranges from £35 to £50. Hon. Secretary, Rev. Dacre Craven; Superintendent, Miss Gray. The Maternity Charity and District Nurses' Home, Plaistow, E.: District nurses trained especially for country work. Lady Superintendent, Sister Katherine. East London Nursing Society. Sick poor nursed in their own homes by resident trained nurses, 33 of whom are at work. A. W. Lacey, Secretary, 49, Philpot-street, Commercial-road, E. South London District Nursing Association, for nursing sick poor, Marmion-road, Lavender-hill, S.W. Wandsworth Association for nursing sick poor. District Nursing Home, 210, East India Dock-road, Poplar, E.

Nursing.—The Workhouse Infirmary Nursing
s probationers from 24 to 30, and also

engages trained nurses for work in Union Infirmaries. Salaries commence at about £20 a year; uniform is provided. This branch is not overcrowded. Secretary, Miss Gill, 49, Victoria-street, W.C.

Army Nursing.—The competition is very keen for this work, and it is necessary to be a lady by birth and education. The usual training must have been obtained at one of the recognised civil hospitals. Successful applicants go to Netley, where trained orderlies do the rough work.

Private Nursing.—It is wiser to work in connection with some home or institution, rather than to try to obtain engagements independently. There are the Westminster Training School and Home for Nurses, Queen Anne's-gate, S.W.; Mrs. Fry's Nursing Institution, 4, Devonshire-square, Bishopsgate-street, E.C.; The Mildmay Home for Nurses, 8, The Green, Stoke Newington, N.; All Saints' Home, 3, Fitzroy-square, W.; Queen Victoria's Jubilee Institute for Nurses: Office, St. Katharine's Royal Hospital, Regent's Park, N.W.; The Deaconess Institute, The Green, Tottenham; The Affiliated Benefit Nursing Association, 12, Buckingham Palace-road, S.W.: Secretary, Miss Dean Pitt; The Nurses' Hostel, 25 & 26, Francis-street, Tottenham Court-road: Manageress, Miss C. F. Wood; Home for Trained Nurses, 3, Delamere-crescent, Paddington. There is a National Pension Fund for Nurses, particulars of which may be obtained from the Secretary, 28, Finsbury-pavement, E.C. The address of the Royal British Nurses' Association is—17, Old Cavendish-street, W. Trained Nurses' Club, 12, Buckingham-street, Strand, W.C. The Registered Nurses' Society, 269, Regent-street, S.W.: Hon. Superintendent, Mrs. Bedford Fenwick. Association for the Promotion of the Registration of Midwives: Hon. Secretary, Mrs. Wallace Bruce, 9, Airlie-gardens, W. Training Home for Hospital Probationers, Tredegar House, Bow-road, London, E. The Ockley Nursing Association supplies cottage nurses in country districts: Hon. Secretary, Miss Broadwood, 12, Buckingham Palace-road, S.W. Scottish Nursing Institute, 44, Castle-street, Edinburgh. Rural District Branch of Queen Victoria's Jubilee Institute for Nurses: Superintendent, Miss D. M. Oldham.

Children's Nurses.—This is a comparatively new branch of work for *ladies*, but it is one which may be recommended, as it is neither arduous nor underpaid, and as it is most essentially women's work. Those girls who have neither the ability nor the desire to take up scholastic work, nor the strength necessary for such employments as inspectorships, gardening, secretarial work, or medicine, but who have a real affection for children, and who are compelled by necessity to earn their bread, cannot do better than take up the profession of nurse to healthy, as divided from sick children. There can be no nobler work than this, for the nurse stands second only to the mother in regard to the value of her care and teaching. However long life may be, nothing will outlast the impressions of early years, and it is absolutely imperative that children should be surrounded by good influences and examples. In this profession, as in all others, it is necessary to be properly trained, and the necessary preparation can be obtained at the Norland Institute, 29, Holland Park Avenue, London, W. This Institute was started in 1892, by Mrs. Walter Ward, with the express object of training gentlewomen as children's nurses, on Froebelian principles, and in order to fulfil this object the Institute has two aims in view :—

1st. To supply the public with ladies as trained nurses for young children.

2nd. To form a new occupation for young women whose circumstances do not enable them to undergo a long course of professional training, now essential to a successful educational career, even when they are endowed with sufficiently good intellectual abilities.

The scheme of training extends over nine months, and the time is divided in the following manner: Three months in the Institute, three months in a hospital, three months as probationer in a family. The course of study in the Institute comprises instruction in the following subjects:—Needlework: lessons are given in the cutting out, making and mending of garments for children under seven years of age, including simple dressmaking, in the Norland Workrooms; hygiene and useful knowledge. Besides lessons in simple hygiene, probationers are taught the importance of variety in nursery

diet, and the nutritive qualities of the various farinaceous foods, and how to make simple puddings, porridge, etc. Practical lessons are given in the making of beef tea, the preparation of poultices and of simple remedies for cuts, bruises, sprains, etc. Probationers are also taught how to take the temperature, and the importance of immediately reporting any changes or other signs of illness. Instruction is also given on the importance of light and warm clothing for children; how to wash woollen garments, silk stockings, laces, etc. The Froebelian methods of instruction are carefully inculcated, and the probationers are taught to look upon the nursery as a school of observation, Nature teaching, colour, form, drawing, number, music, language, poetry, history, patience, order, neatness, love of occupation, and religious training—and probationers receive instructions in the best methods of training children in these. They also acquire a knowledge of simpler Kindergarten occupations, a store of songs suitable for children—if they are musical—and the elements of the art of the telling of simple stories. Hospital training is also undergone by probationers, to be prepared in the event of any of their charges falling ill. At the end of the first six months, probationers are expected to accept any work found for them by the principal of the Institute, and they receive half the salary, which is paid by the employer to the Institute during the subsequent three months. The certificate given at the end of the nurse's course is one of general efficiency, awarded, not on the results of a written examination, but on the sum total of marks obtained throughout the whole course of training from the various independent sources, and on the opinion of those responsible for the probationer's work. The certificate awarded to the probationer shows the result of hospital teaching, institutional training, and home experience. Fees (for six months' training, inclusive)—Three months' residence in Institute, board, washing, teaching, materials, apparatus, necessary fees at hospitals, £37 16s., payable half on entrance, and the remainder at the end of the first three months. For non-resident probationers, the fees for teaching, materials, apparatus, necessary fees at hospital, £31 10s., payable half on entrance, and the remainder at the end of the first three months. Probationers can enter in September, December, March, and June. All probationers

enter on a fortnight's trial, and if, during that period, anyone is considered unsuitable for the work of the Institute by the principal, she is asked to withdraw. The fees are returned, with a deduction of £1 a week for general expenses. Salaries: The salaries are paid quarterly to nurses *through* the Institute. The minimum salary of a nurse is £20 for the first year, with an increase of £2 for the next four years. Provided her testimonial book is satisfactory, the nurse then becomes a *private nurse of the Norland Institute*, independent of the Institute, and is entitled to ask for a considerable increase of salary. By the rules of the Institute, nurses are entitled to four weeks' holiday in a year, to be taken at the convenience of the employer, and in periods of not less than one week. Washing is paid for by the employer, also travelling expenses, in the first instance, from the nurse's home to any situation in Great Britain or Ireland. Four weeks' notice terminates an engagement. The first uniform outfit is provided by the Institute at the end of the first six weeks, and probationers and nurses are expected to wear it on all occasions when on duty. That for wear in the morning consists of a pink and white striped galatea, crimped frill and tie, but no cap; in the afternoon a pretty blue beige is worn; out-of-doors, a black velvet mantle with a hood, and a black straw bonnet. The nurses are not expected to scrub floors, clean grates, carry coals, or to wash clothes, and they are not supposed to take their meals with the servants, and it is expected they shall be able to attend their own place of worship once on Sundays without the children. A "Scholarship Loan Fund" has been established. So far the demand for nurses has been greatly in excess of the supply, and as this state of affairs seems likely to continue, this work offers the great attraction of certain employment—no small boon when a girl is dependent on her own earnings, particularly when it is remembered that the remuneration is good, that the expenses are almost *nil*, as board, lodging, and washing are provided, and that the work involves no great physical or mental strain. Miss Isabel Sharman is the Principal of the Norland Institute, and this quotation from a letter of hers will, it is hoped, remove any notion of social degradation incurred by taking up this work, which is the only drawback possible to a girl's mind:—"Our nurses are all

ladies, chiefly the daughters of professional men, officers in the army, clergymen, solicitors, etc. We never have any difficulty in finding work for a girl who has passed satisfactorily through the training. Though our minimum salary is £20, we have no hesitation in asking for a much higher salary for one of our thoroughly capable and experienced nurses."

PHOTOGRAPHY.

Some women have proved themselves most successful photographers, looking at the question from a professional point of view, and a great many have done brilliantly as amateurs. There is no reason why a woman should not succeed in this profession, but she must aim high; she will certainly not make Photography pay unless her work is of unusual excellence, and Photography seems to be a profession peculiarly suited to the woman who combines artistic power with business capability. She must, of course, begin in a humble way, and enter some good firm as an apprentice. A premium is generally required, which may be anything from £50 upwards. When the apprentice becomes an assistant, she will probably receive about £1. What is technically known as "mounting," is paid at the same rate. A woman who becomes a skilful "re-toucher," will probably earn from £75 to £150 a year, and anyone who contemplates Photography on her own account, ought to be able to do this specially well. It should be remembered that the professional photographer must have an intimate knowledge of every detail and branch of Photography. In setting up in this business, a fairly large capital is required, as it is necessary for the studio to be in a frequented and fashionable thoroughfare, where the rents cannot possibly be small, and a photographer must have handsome bits of furniture, palms, etc., as part of the stock-in-trade. The cameras are also an expensive item, good ones costing as much as £50 or £60. The photographer must remember that it is necessary to start in a town, a popular seaside resort perhaps for choice, so that altogether it will be necessary to embark not less than £500 on the undertaking, as besides the particulars, there will be wages to pay, and all the incidental expenses incurred whilst forming a connection. Painting photographs is a branch of this work often taken up by ladies, the

remuneration varying from 10s. a week up to as much as £2. This latter price is, of course, only paid by good firms to skilled workers. The work is generally done on the premises, the hours usually being from 9 a.m. to 5 p.m.

SECRETARIAL WORK.

There are two kinds of work for which nearly all untrained and unskilled women offer themselves; one of these is employment as Companions, the other employment as Secretaries. Companionships are so rare as to be unworthy of mention in a Dictionary of Women's Employments, and in order to obtain Secretarial work it is absolutely necessary to be thoroughly trained, and to have acquired not only a knowledge of French, German, Shorthand, etc., but also to be trained in business ways and business habits. It is possible to obtain this training, and its possession is essential to success. A Secretary should have a complete working knowledge of French, German, Latin (if possible), Shorthand, Typewriting (a good sixty words a minute), book-keeping (the certificate awarded by the Society of Arts—refer to *Clerkships*—should be obtained in this subject), clear and quick orthography, and excellent punctuation. In addition to this, the Secretary must be a person of punctual, methodical habits, of good address, and if she possesses the power of speaking and organization (this refers, of course, more particularly to Secretaries of public bodies), so much the better. One thing must be impressed on the uninitiated, viz: the Secretary is never an individual, who, having failed at or tired of everything else, decides "to try her hand" at Secretarial work. Besides mere technical knowledge, it requires mental and moral capabilities of a high order. Would-be Secretaries must also bear in mind that actual Secretarial work is often preceded by employment as a clerk in an office, and in some cases this is the best method to follow, as the actual experience of business routine, and the knowledge of business ways is of incalculable value when the desired goal of Secretaryship is reached. There are now a good many offices where the necessary training may be obtained, and subjoined is a list of some of the principal of such institutions:—The School of Business Training for Gentlewomen, 5, Victoria-street, Westminster, S.W. The full course of six months comprises Shorthand,

Typewriting, Book-keeping (single entry), Business and Secretarial training. Fee, £12 12s., payable half at the beginning and half at the end of three months. These subjects can be taken separately. Fees per course for each subject (paid in advance): Shorthand, 1st term of three months, with daily tuition, £3 3s.; 2nd term of three months, with daily tuition, £2 2s. Typewriting, one term, £3 3s.; Book-keeping (double entry), course of 12 lessons, £3 3s.; Book-keeping (private accounts), course of 12 lessons, £3 3s.; Elementary Arithmetic, 12 lessons, £1 11s. 6d.; Business training, course of 13 lectures, £2 2s. Certificates of efficiency are given. Amongst the subjects discussed in the Lectures on Business are: Letter Writing generally, Press Copying, Indexing and Filing Letters, Paid Bills, &c.; Law Business, Making of Wills, Signing and Witnessing of Legal Documents, Management of a Bank Account, Bills, Bank Post Bills, Promissory Notes, "Negotiable" and "Not Negotiable" Documents, Press Copying, Capital and Income, Interest, Dividends, Percentage, Companies (Limited and Unlimited Liability), Stocks and Shares, Fully and Part Paid Shares, Call on Shares, Consols, Safe Investments, Mortgages, Foreign and Colonial Government Bonds, Investment *versus* Speculation, dealing with Stockbrokers, Commissions, Fees, Stamps, Procedure in Selling or Buying Stocks or Shares, Taxation, Imperial and Local Customs and Excise Duties, Income Tax and how to reclaim it. The above lengthy list will give some idea of the exhaustive nature of these business lectures. Miss Petherbridge has a Secretarial Bureau at 9, Strand, W.C., where training in secretarial, indexing, and research work may be obtained. Fees for a course of eighteen months are £52 10s., and this includes typewriting, indexing, shorthand, and general business training. The all-important questions of salaries is somewhat difficult to answer. On the one hand it is said, on the most excellent authority, that many secretaries begin as far down the scale as 10s. a week, speedily rising to 20s. or 25s. a week, and from thence to 30s. a week, from which sum, however, there is little or no advancement. On the other hand it is stated by an individual in a position to judge that the demand for secretaries is steadily increasing, and that salaries vary from £100 to £300 a year, the average pay being about £125 per

annum. It would, in the face of these facts, be wise to assume that a salary of £80 to £100 is very general, and must be reckoned as fairly good pay. It would, perhaps, be well to quote from the letter of the lady principal of a school for the training of secretaries, in order to give some idea of what procedure it is necessary to follow: "With regard to the questions of salaries, the rates are very varying, and depend almost altogether on the capacity and competence of the candidate. But I have no hesitation in saying that thoroughly competent and reliable workers can command work. The only difficulty is in getting the first practical experience. I must point out to you, however, that the post may not be ready for you the moment you are ready for it. You should, therefore, be prepared to wait a little, and not have to return home the moment your course is over if no work offers. This is fatal to your chances of employment, at all events in London, and if you can arrange to give a few months, or even to take a very trifling salary at first, you will be doubly repaid by securing a much better post later, which you can then undertake with confidence." The following words of advice, from a woman of business who speaks from experience, had better be laid to heart by all would-be secretaries: "The first difficulty you mention is not knowing where to apply for employment in type-writing and shorthand when proficient. The first place would, of course, be at the head office of the particular typewriter they had learned to work, there registering their names, speed, knowledge of languages, and any other facts likely to recommend them to the notice of employers requiring assistance. The second thing would be to call at the principal typewriting offices, and at the offices of the National Union of Typists—Secretary, J. C. Casson, 55, Chancery-lane. At the latter place they will be required to go through a preliminary examination before their names are entered in the Society's books. The third thing would be to advertise in the *Times*, *Athenæum*, *Morning Post*, etc. for secretarial appointments. The special point to be considered by intending typists may be summarised thus: Thorough knowledge of their own language first and foremost; correct punctuation, general neatness, a thoroughly practical working knowledge of one or more foreign languages, *i.e.*, the ability to sit down and write a letter in French, German, or

Spanish correctly and fluently, and to translate from these languages with equal facility into English. I may say that for every language in addition to their own that typists may be proficient in, they can generally command an extra 10s. 6d. a week. Another important point is the getting or taking up of a special subject. At present I do not suppose there are half-a-dozen women to be found in London capable of reporting a medical lecture, yet such are often required. They may be good reporters and typists, but if they are ignorant of the subject they go to pieces at once, and their manuscript is a jumble of nonsense. In this particular field there is abundant room for workers. The best course of study for them to pursue is the reading of the weekly and monthly medical magazines, both English and foreign; they must then take down shorthand notes, and also type from dictation, in order to familiarise themselves with the correct sounds of the technical terms. They should, of course, read with understanding, and not merely get their minds stored with a number of technical words meaning nothing but sounds to them. In fact, this applies to any other speciality they may take up. There is no doubt that in a time not far distant women workers will find places for private work in the House of Commons; the number will be limited, and only those pre-eminently fitted for the work will be employed there. It would be well for a few of high abilities to commence at once to qualify. No speed under 100 or 120 words a minute in shorthand is of the slightest use; typing speed should be a good 60, and correct at that. Now comes the most important point of all—suitability for business life. Many women think that they can begin business at a moment's notice, and be well paid for their incapacity; then, when they find their level, they fall back upon their feelings, and think it is very hard to be expected to work like ordinary people; yet that is what they must do if they wish to make a success of their working career. Early or late, sun or rain, there is no respite; office rules must be rigidly kept, and no allowance for bad work or incapacity can be entertained because the offender is a lady by birth. In the office she is a working unit, and must produce her tale of bricks along with the rest; there is no hardship in this, it is only the weak-minded who would make one of it. Sufficient knowledge o

Glasgow, Edinburgh, and Aberdeen. In Ireland, the Royal University of Ireland is equally open to women with men. Other Women's Colleges—full details of which will be found under this heading at the end of the Dictionary—are Bedford College, 8 and 9, York-place, Baker-street, London, W. (Principal, Miss Ethel Hurlbatt); Ladies' Department of King's College, 13, Kensington-square, London, W. (Principal, Miss Faithfull); Westfield College, Finchley-road, London, N.W. (Mistress, Miss Maynard); Queen's College, Harley-street, W. (Lady Resident, Miss Croudace); College Hall, Byng-place, Gordon-square, W.C. (Principal, Miss Grove; Vice-Principal, Miss Morison); University College, Gower-street, W.C. (Lady Superintendent for Women Students, Miss Morison); Victoria College, Belfast (Principal, Miss Byrne); Alexandra College, Dublin (Lady Principal, Miss White); the Royal Holloway College, Egham, Surrey (Principal, Miss Emily Penrose); Eslington Tower, Newcastle-on-Tyne; University College, Tyndell's Park, Bristol (Secretary, Mr. James Rafter); University College Hall, Aberystwyth (Principal, Miss E. A. Carpenter); College Hostel, Upper Bangor (Lady Superintendent, Miss Mary Maude); Girton College, Cambridge (Secretary, Miss Kensington, 83, Gloucester-terrace, Hyde Park, W.; Mistress, Miss Welsh; Vice-Mistress, Miss Florence Ward); Newnham College (Principal, Mrs. Henry Sidgwick; Hon. Secretary, Miss M. G. Kennedy, Shenstone, Cambridge); Sidgwick Hall, (Vice-Principal, Miss K. Stephen); the Old Hall, (Vice-Principal, Miss M. Ricketts); Clough Hall (Vice-Principal, Miss B. A. Clough); Cheltenham Ladies College (Principal, Miss Beale); Lady Margaret Hall, Oxford (Principal, Miss Wordsworth); Somerville College, Oxford (Principal, Miss Maitland); St. Hugh's Hall (Principal, Miss Moberley). There are Scholarships given at nearly all these colleges, and detailed particulars under the head of "Scholarships" will be found in Part II. of this Dictionary. The salaries of High School Teachers vary very much, according to the size, status, and situation of the school, and no hard and fast rule can be laid down. Of course there are the prizes of the profession, such as the post of head mistress to a leading Girls' High or Public School, and in this case remuneration generally ranges from £300 to £500 a year. Naturally such posts are somewhat rare, and the rank and file of the

teaching world must content themselves with less. In some cases, we believe, the rate of remuneration is as low as £40 or £50 per annum, and £70 and £80 a year are only too usual salaries. Still the work is undeniably popular, and there is a goal worth striving for, if only from a monetary point of view.

Kindergarten Teaching.—This is essentially woman's work; it is well paid; it is interesting; and it is not overcrowded. These are four things in favour of this work. Like all other branches of the teaching profession it needs special training. Certificates which are recognised by the Education Department are granted by the National Froebel Union, Secretary: Miss Maclean; Office: 12, Buckingham-street, Strand, W.C. The fee is £1, and no student is admitted to examination under the age of eighteen. The necessary training can be obtained in the different Kindergarten Colleges in London and the provinces. Amongst the best known are: The Maria Gray Training College, Salisbury-road, Brondesbury, N.W. (Principal, Miss Alice Woods); The Kindergarten College, Bedford; the Froebel Educational Institute, Talgarthe-road, West Kensington, W. (Principal, Madame Michaelis); The Cheltenham Ladies' College, Kindergarten Training Department (Principal Miss Welldon); The Home and Colonial School Society, Highbury Hill House, London, W. (Principal, Miss Penstone); The Kindergarten, Sutton, Surrey (Principal, Miss Tinsley). All the above prepare candidates for the National Froebel Union Examinations. Here again no definite rule can be laid down as to salaries, but £100 per annum, without board and lodging, is a very average rate of pay for a fully qualified teacher. The training usually occupies two years which may be reduced, provided certain examinations—such as the London Matriculation—have been passed. Taking this fact and the short period of training into consideration, it will be seen how inexpensive—compared with High School Teaching—is the preparation for this branch of tuition.

Elementary Teaching.—So far this work has not been very popular with ladies, despite the fact that the competition for posts as High School Teachers is cruelly keen. In this case

Private Teaching—To those not physically strong, and to whom the long hours of study and sitting in a High School are an impossibility, Private Teaching offers many attractions, especially Resident Private Teaching. The dependent, the homeless and friendless, frequently prefer this life; and always provided a really nice family is entered, this work has distinct advantages. Unfortunately, the competition for such posts is enormous, and the overcrowded ranks are always being swelled by the incompetent, the uncertificated, and the unfortunate, who, for some reason or other, find it impossible to make any headway. For one governess wanted, there are a hundred applications for the post; and those who contemplate this work would do well to obtain high certificates or a University degree, unless they are willing to face the prospect of hard work, meagre salaries, and early superannuation. No hard and fast rule can be laid down as to pay, but salaries range from £10 up to—very rarely—£100 per annum for resident governesses, and from £25 to £100 for daily tuition. It must be remembered, however, that £40 per annum as a resident governess is better than £60 with board and lodging to be paid from that sum.

Teaching of the Deaf and Dumb.—Naturally the openings in this branch of tuition are limited, but the salaries paid are good, and the work is of special interest. There is a Resident Training College for training teachers of the deaf on the German (or pure oral) system at Elmhurst, Castle Bar Hill, Ealing, W. Fees for board, lodging, and tuition are £50 a year. Apply Mrs. Kinsey, Lady Superintendent and Secretary. There is an Assisted Students' Fund, whereby poor students are helped to pay the fees by means of loans, which are subsequently repaid from their salaries. There is a non-residential Training College at 11, Fitzroy-square, W., the Association for the Oral Instruction of the Deaf and Dumb. For all particulars apply to the Director, W. Van Praagh, Esq., at 11, Fitzroy-square, London, W. The minimum course is one year, and the training is both theoretical and practical. An entrance examination must be passed, unless a certificate is held from some recognised examining body. Students in ordinary Training Colleges wishing to adopt this special branch can spend the second

year of their training at a College for Teachers of the Deaf. It is possible to complete the course in one year, but an eighteen months' course is advisable.

Physical Teaching.—This, like the Frœbelian methods of teaching, is of Swedish origin, and to those who believe in the muscles and general physical energies of a girl having as free play as those of a boy, Physical Teaching is a subject of the utmost importance. This question has received much attention, and the interest in the development of it continues to grow and spread. This being the case, it is easily to be seen that a system which is as yet in its infancy as regards the number of physical teachers in our schools, is one which should occupy the serious thought of the woman desirous of earning her bread, for as yet the demand exceeds the supply of teachers of Physical Education. The only training college in England, it is believed, where it is possible for women to obtain a complete course of instruction in the theory and practice of Ling's Swedish System of Physical Education, is the Hampstead Physical Training College, 1, Broadhurst Gardens, N.W., which was founded by the present Principal, Madame Bergman-Osterberg, who was formerly at the Royal Institute of Gymnastics, Stockholm. The main objects of the system are:—To increase and spread the knowledge of physiology and hygiene; to teach gymnastics, fencing, swimming, and wood-carving; to introduce such games as cricket, lawn-tennis, etc., into girls' schools and colleges. The course of training lasts for two years, and is both theoretical and practical. The theoretical course deals with anatomy, animal physiology, animal mechanics, and hygiene. The practical course includes Ling's Swedish system of gymnastics, fencing, swimming, wood-carving, outdoor games. When a pupil has finished the course, she is examined, and certificates attesting her theoretical knowledge and practical powers are awarded. Fees: For resident students, £36 15s. a term, for board and tuition; for non-resident students, £15 15s. a term. These terms include admission to the swimming baths, and to the examination fee at the Science Department, South Kensington. The all-important point of pay is extremely satisfactory. Salaries average from £60 per annum for resident teachers to about £100 per annum for

II.

Institutions, Colleges, Clubs, Scholarships, &c.

ASSOCIATIONS FOR ASSISTING NECESSITOUS STUDENTS AND WOMEN WORKERS.

The Caroline Ashurst Biggs Memorial Loan Fund: To assist women training for technical or professional careers; Hon. Secretary: Mrs. Alfred Pollard, 13, Cheniston Gardens, Kensington, W. There are Loan Funds at the Ladies' College, Cheltenham; at Bedford College; and at Queen Margaret College, Glasgow; for details of the latter apply Mrs. E. J. Mills, 5, Hillhead-street. There is a loan training fund in connection with the Gentlewomen's Employment Association, 16, King-street, Manchester; Hon. Secretary: Mrs. R. W. Williamson. The Bertha Johnson Loan Fund, Oxford, in connection with the Association for the Education of Women: this is to aid poor students and to enable them to continue their University education; for particulars apply to Mrs. R. Poole, The Association Office, Clarendon Buildings, Oxford. The "Hannah Floretta Cohen" Students' Fund, Newnham College, Cambridge: Established for the purpose of providing an allowance of £5 each to deserving and necessitous students of the college for the purchase of books.

ASSOCIATIONS FOR SOCIAL, MORAL, POLITICAL, ETC., PURPOSES.

The Women's Franchise League: Hon. Sec., Mrs. Jacob Bright, 31, St. James' Place, London, S.W. The Society for Promoting the Return of Women as Poor Law Guardians, 4, Sanctuary, Westminster. The Women's Industrial Council, 12, Buckingham-street, Strand, W.C.: Secretary, Miss C. Webb. The Women's Trades' Union League Club, Union Buildings, Clerkenwell-road: Secretary, Miss Jackwell. The Women's Co-operative Guild: Head Office, Kirkby Lonsdale, Westmoreland: Gen. Secretary, Miss Llewelyn Davies. The Women's Local Government Society: President, The Countess of Aberdeen; Hon. Secretary, Miss Browne, 58, Porchester-terrace, W.

Women's Trade Union Association. [illegible]
Hon. Secretary, Miss Hicks. [illegible]
Women's Suffrage: [illegible]ffice. [illegible]
minster; Secretary, Mrs. [illegible]
Association, Hastings House. [illegible]
W.C.; Secretary, Miss [illegible]
Women Workers: President, [illegible]
Secretary, Miss Janes. [illegible]
National Association for Moral [illegible]
Butler, Hon. Secretary: [illegible]
Park, Clifton, Bristol. [illegible]
the scrutiny report [illegible]
laws and regulations [illegible]
at their bearing [illegible]
Secretary, Miss [illegible]
Kensington. [illegible]
[illegible] Earl's [illegible]
[illegible]
Society [illegible]
Ladies Sanitary [illegible]
Secretary, Miss [illegible]
Association [illegible]
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of Universities, and Medical Women, 47, Maddox-street, W.: Entrance fee, £1 1s.; subscription, £1 1s.; Hon. Secretary, Miss L. Brierley. Green Park Club, 10, Grafton-street, W.: Entrance fee, £5 5s., country subscription, £3 3s.; town, £4 4s.; bedrooms, 5s.; Proprietor, Mrs. Luther Munday. Camelot Sunday School (for professional women), Queen Square, Bloomsbury; open Sundays only from 11 a.m. to 9 p.m.; members must be over the age of 16; subscription, 5s. per annum; drawing room, dining room, tea room, and silence room; Founder, The Hon. Coralie Glyn. The Writers' Club (for women only), Hastings House, Norfolk-street, Strand, W.C.; established for women authors, journalists, and artists in black and white; Hon. Secretary, Miss F. Routledge, B.A.: Entrance fee, £1 1s. for town, and 10s. 6d. for country members; subscription, £1 11s. 6d. for town, and 15s. for country members. The New Victorian Club, 30a, Sackville-street, W.: Entrance fee, £2 2s.; subscription, £3 3s.; President, Mrs. Smart; Hon. Secretary, Miss S. C. Johnston. St. Andrew's Club (for women only), Tavistock-place, W.; Hon. Secretary, Miss Paddon, 18, Chenies-street Chambers, W.C. Somerville Club (for women only), 19a, Hanover-square, W.; subscription, £1 1s.; entrance fee, £1 1s. The Denison Club, 15, Buckingham-street, Strand, W.C., for men and women; minimum subscription, 10s.; Hon. Secretary, E. C. Price. Albemarle Club, Albemarle-street. The Empress Club, 32, Dover-street, Piccadilly, W.; town members' entrance fee, £3 3s.; subscription, £3 3s.; country members' entrance fee, £3 3s.; subscription, £2 2s.; drawing room, reception room, dining room, waiting room, dressing and cloak rooms; Secretary, Mr. Otho Oliver. The Ladies' Residential Club, 19 & 21, Lexham-gardens, W.: Entrance fee, £1 1s.; subscription, £1 1s.; Secretary, Mrs. Gordon Haynes. The Kensington Ladies' Club, 19 & 21, Penyween-road, S.W. The Beechwood Club, 6 & 7, Oakley-street, W. Trained Nurses' Club, 12, Buckingham-street, Strand, W.C.: Entrance fee, 2s. 6d.; subscription, 5s.; Secretary, Miss R. P. Fynes-Clinton.

Provincial Clubs.—Bath: 35, Wilson-street; Hon. Secretary, Miss Northey, Ashley Manor, Box. Manchester: 7, St. Ann's-square; subscription £1 5s., family subscription

£2 10s; Hon. Secretary, Miss B. F. Bisley. Liverpool: 58, Bold-street; subscriptions, £1 10s. and £1 5s.; entrance fees, £1 10s. and 15s. Newcastle-on-Tyne: 54, Northumberland-street. Worcester: Foregate-street; Hon. Secretary, Miss Curtler. Exeter: Secretary, Mrs. Hooper. Glasgow: 5, Blythswood-square, The Ladies' Club.

EDUCATIONAL ASSOCIATIONS.

The University Association of Women Teachers: Hon. Secretary, Miss Dunn Gardener, York-street Chambers, Bryanston-square, W. The Teachers' Guild, 74, Gower-street, W.C.: Secretary for Women Teachers, Miss A. G. Cooper. Association of Head Mistresses: President, Miss Beale, Cheltenham College. Association of Assistant Mistresses: Secretary, Miss Ingall, High School for Girls, Manchester. Central Registry for Teachers, 25, Craven-street, Charing Cross, W.C.: apply Miss Louisa Brough. The Norland Institute (trains ladies as nurses on Frœbelian principles): apply to the Principal, 19, Holland Park-terrace, W. Frœbel Society, with Registry for Kindergarten Teachers, 12, Buckingham-street, Strand, W.C.: Secretary, Miss Massey.

SOCIETIES FOR THE SALE OF LADIES' WORK.

Ladies' Work Society, 31, Sloane-street, S.W. Ladies' Industrial Society, 11, Lower Porchester-street, Connaught-square; annual subscription, 5s. Crystal Palace Ladies' Needlework Society; Hon. Secretary, Miss Mercy, Thornhill House, Dulwich Wood-park, S.E. Irish Ladies' Work Society, 47, George-street, Kingstown; annual subscription, 4s. Clifton Depôt for the Sale of Work, 2, Portland-street; Treasurer, Miss Reade, 15, West Wall, Clifton. Ladies' Work Society, 83, Bold-street, Liverpool; annual subscription, 5s. Southport Ladies' Work Society, 207, Lord-street; Glasgow repository, 205, Byats-road. Ladies' Art Work Depôt (Art and Decorative Needlework), 251, Brompton-road, S.W. Ladies' Self-Help Association for Oxfordshire, Berks and Bucks only; Hon. Secretary, Mrs. C. M. Owens, Iffley, Oxford. Irish Distressed Ladies' Home, 38, Mountjoy-square, Dublin; orders for work taken; work depôt at Long Orchard, Templemore, Co. Tipperary; depôt for purely Irish work, Miss Hill, Rose Cottage, Killarney.

SETTLEMENTS.

Women's University Settlement, 44, Nelson-square, Southwark, S.E.: Warden, Miss Sewell. St. Margaret's House, 4, Victoria Park-square, Bethnal Green, E.; Ladies' Branch of the Oxford House; Head, Miss Harrington. Canning Town Settlement (in connection with Mansfield House Settlement), 461, Barking-road, E.: Head, Miss Cheetham. Mayfield House (Cheltenham Ladies' College Mission Settlement), Old Ford-road, Bethnal Green, E.: Head Worker, Miss Maud Corbett. Women's House of the Bermondsey Settlement, 149, Lower-road, Rotherhithe, S.E.; Hon. Secretary, Miss Barlow. College of Women Workers, Blackheath Hill: Head, Miss E. F. Yeatman.

WOMEN'S EMPLOYMENT SOCIETIES.

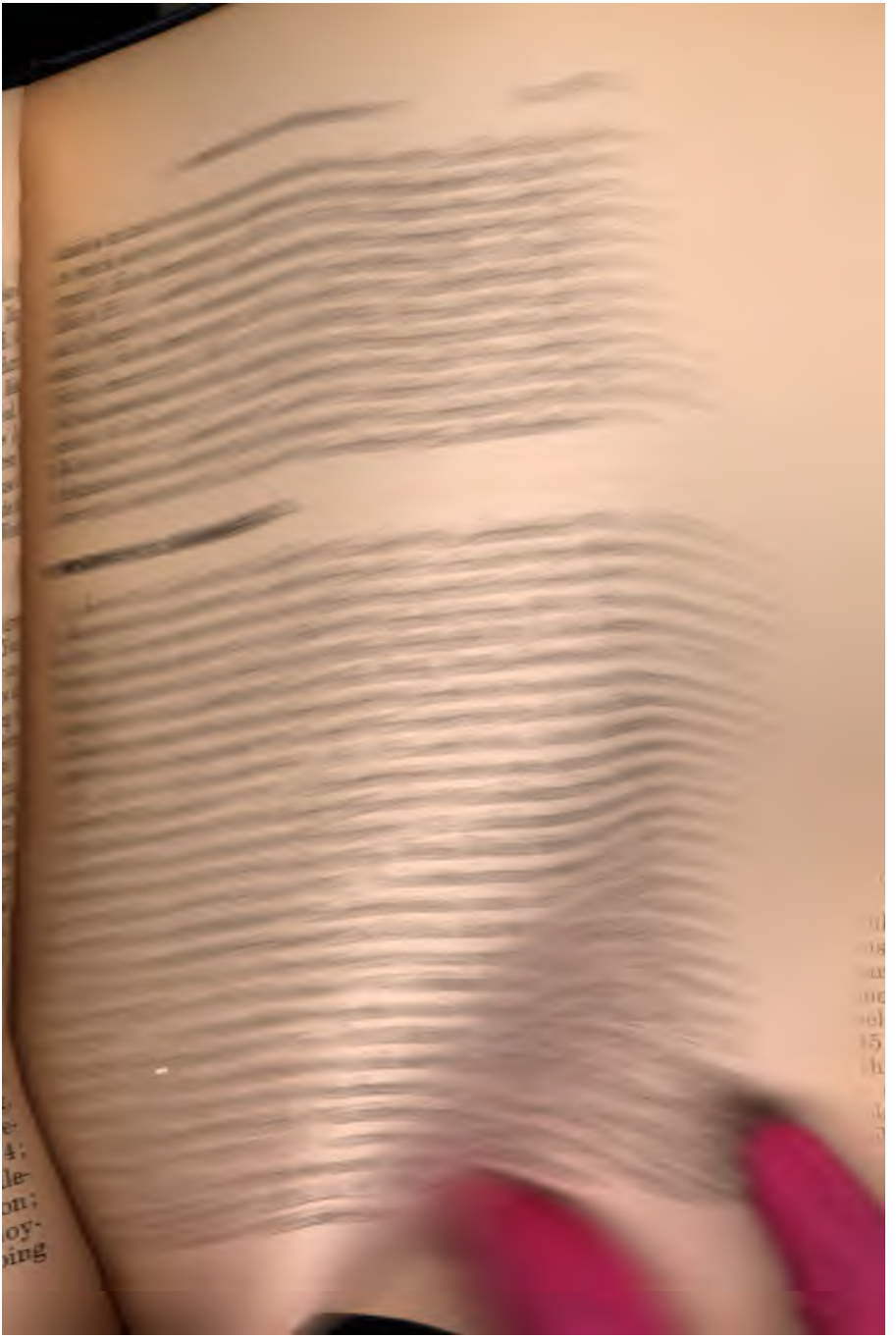
Gentlewomen's Employment Club, 70, Lower Belgrave-street, S.W.: Hon. Manager and Secretary, Miss Younghusband; Departments—dressmaking, plain and fancy work; inquiry and registry office hours, 11 to 4, Tuesdays and Fridays, for gentlewomen only. Society for Promoting the Employment of Women, 20, Berners-street, W.: Secretaries, Miss King and Miss Hare; office hours, 11 to 5, Saturdays 11 to 2; assists girls leaving school to obtain technical training in some art, business, or trade; householders' recommendations required for registration. The Working Ladies' Guild, 251, Brompton-road, S.W.: office hours 11 to 1, and 2 to 4, except Saturday. It is necessary to obtain an appointment form signed by an associate; has a registry. Society for Promoting Female Welfare, 22a, Devonshire-street, W. The Ladies' Work Association, 26, Craven-street, Lancaster Gate, W.: Miss Roberts. Working Women's Co-operative Association: Manager, 8, Crescent Minories, E.C. Young Women's Christian Association Employment Agency, 17, Old Cavendish-street, W.: Business Agency, 101, Mortimer-street. Women's Employment Defence Association: Hon. Secretary, Miss A. Heather-Bigg, 14, Radnor-place, Hyde Park, W. Institution for Needlewomen, 10, Bermondsey-square, S.E.: office hours 10 to 4; Secretary, Miss Barlee. Mrs. Cader Williams' Plain Needlework Guild, 2, Edinburgh-terrace, Victoria-road, Kensington; ladies only employed. Manchester Gentlewomen's Employment Association, 16, King-street, has a loan fund for helping

ladies to train for various branches of work. There is also a work society, which takes orders and disposes of ladies' work: Hon. Secretary, Mrs. R. W. Williamson; Secretary, Miss Filly. Leeds Gentlewomen's Employment Society and Registry for Governesses: Central Office, 87, Albion-street; Hon. Secretary, Mrs. Fenwick. Wakefield Branch: Hon. Secretary, Miss E. Byfield Hall, Sandal Grange. Irish Association for Promoting the Training and Employment of Women, 21, Kildare-street, Dublin: Secretary, Miss Croker. Glasgow Ladies' Auxiliary to the Charity Organization Society, Stirling-street. Irishwomen's Work Society, Holyrood, Co. Down: Secretary, Miss Matthews.

WOMEN'S COLLEGES.

London: King's College, Ladies' Department, 13, Kensington Square; lectures given in various subjects; fees: £1 1s. per term for each class, except in the case of a few special subjects. Syllabus of lectures, price 4d., may be had from the Vice-Principal, Miss Faithfull, 13, Kensington Square. Bedford College, York Place, Baker-Street, W. Ladies may attend single courses of lectures, or may be prepared for the degrees of London University in the Faculties of Arts and Science for the London and Cambridge Teachers' Diploma. The Laboratories are open to women for practical work in Biology, Botany, Chemistry, Geology, Hygiene, Physics, and Physiology. All particulars may be obtained from the Principal, Miss Ethel Hurlbatt, Queen's College, Harley Street, W.; students prepared for the London Matriculation Examinations, and for the B.A. degree. Separate classes, £1 6s. 3d. a term; compounders, £8 8s. to £10 10s. a term (year).; many exhibitions. Lady President, Miss Crondace. Westfield College, Finchley-road, N.W., prepares women students for the London University degrees. Fee: £105 per annum; Mistress, Miss Maynard. Particulars of scholarships and all details may be obtained from the Secretary to the Council, Miss S. M. Smee, Bedford Park, Chiswick, W. University College, Gower-street, W.C.; women admitted to classes and lectures in all subjects except medicine; Secretary, J. M. Horsburgh, Esq., M.A.; Lady Superintendent, for women students, Miss Morison. Girton College, Cambridge;

Entrance examinations in March and June; fees, £105 per annum; several scholarships (see "Scholarships"); Secretary, Miss Shore Nightingale, 11, Queensborough-terrace, London, W. Newnham College, Cambridge: Fees from 75 to 96 guineas a term; Principal, Mrs. Henry Sidgwick; Hon. Secretary, Miss M. G. Kennedy, Shenstone, Cambridge. Sidgwick Hall, Vice-Principal, Miss K. Stephen. The Old Hall: Vice-Principal, Miss M. Ricketts. Clough Hall: Vice-Principal, Miss B. A. Clough. The Royal Holloway College, Egham, Surrey: Fees—board, lodging, and tuition, £90 per annum; several scholarships and bursaries; Secretary, J. L. Clifford-Smith, Esq.; Principal, Miss Emily Penrose. Oxford: Somerville College, St. Giles-road West; Principal, Miss Maitland; fees—inclusive charge for board, lodging and tuition, £30 15s. 4d. a term; smaller rooms, £28 13s. 4d.; cottage rooms, £26 a term; Secretary, Hon. Alice Bruce. The Lady Margaret Hall, Oxford: Principal, Miss Wordsworth; fees—£75 per annum, exclusive of tuition fees. St. Hugh's Hall, Oxford: Principal, Miss Moberly; fees, £70, £80, and £90 per annum, inclusive of tuition fees. Owens College, Manchester: Women are admitted to prepare for degrees of the Victoria University in art, science, and music, in classes with men. The fees for the session come to about £20. The academic course is arranged for three years. All particulars may be obtained from the Registrar at Owens College. Queen Margaret College, Glasgow, is governed by the University Court and Senate; full courses of study are given in arts, science and medicine, for the degrees of M.A., B.Sc., M.B., C.M., M.D., of Glasgow University. The classes qualify also for the degrees of other Universities. The course of study for the M.A. degree lasts for three years; for the M.B., C.M., five years. Students have the use of the University Library and Museum. Certain wards in the Royal Infirmary are appropriated to the clinical instruction of women only. The fees in the Arts and Science Departments are about £3 3s. for a course of 100 lectures; for the medical course, £95 11s. for the five years' course of study, plus a matriculation fee of £1 1s. each year. Queen Margaret Hall is a residence for students of the college, and the terms for board range from £30 to £37 10s., for the college year of 30 weeks. For all information apply to Miss Galloway, at the college.



one of £50 for three years; other scholarships are from time to time offered by the college. A scholarship of £100 for three years is offered by the Hon. Irish Society, open to candidates from Derry or Coleraine. Newnham College, Cambridge: Each of the following scholarships is worth £50 per annum for two years—Stephen Winkworth, Cobden, Professor Sidgwick, Goldsmiths', Clothworkers', and Drapers'; the Mary Stevenson of £50 a year for three years; Arthur Hugh Clough of £40 for one year. The following may be held at either Girton or Newnham: The Gilchrist Scholarship of £50 for three years; Harkness Scholarship, £35 for three years; Bathurst Studentship, £75 for three years; The Marion Kennedy Scholarship. Somerville College, Oxford: Clothworkers' (3) Scholarships, each of the value of £50 for three years; Mary Conybeare Scholarship, value £50; Pfeiffer Scholarship, £50 a year; Gilchrist Scholarship, £80 a year; other exhibitions and scholarships. Lady Margaret Hall, Oxford: The James Cropper Scholarship, of the value of £50 for three years; two College Scholarships, of the value of £35 each for three years, and one of £25 for three years. St. Hugh's Hall: A scholarship of the value of £25 is offered annually. London University: The following scholarships are open to women as well as men. Awarded annually: Two Hollier Scholarships for Greek and Hebrew, value £60 each; The Mayer de Rothschild, for Mathematics, value £60; two Clothworker Scholarships, for Chemistry and Physics, £30 each; three Andrew for new year students, and three to second year students, value £30 each; The Malden (for Greek), The John Stuart Mill (Philosophy), value £20 each. Awarded biennially: Two Tufnell scholarships, for Chemistry, £100; The Derby Scholarship, £120 for Zoology. Awarded triennially: The Joseph Hume, for Jurisprudence, and two Ricardo Scholarships for Political Economy, each of the value of £20. Durham University: Eight scholarships, ranging in value from £20 to £70, are open to women. University of Wales: All scholarships, exhibitions, prizes, etc., are open to women equally with men. Bedford College, London: Entrance scholarships—The Henry Tait (Science), of £50 a year; The Arnott (Science), and two Pfeiffer (Science), each of the value of £48 a year; The Courtauld (Arts), The Cliff (Arts), and two Reid (Arts), each

worth £31 10s. In addition to these there are four Free Studentships, one Old Pupil's Scholarship, and a Fellowship; particulars may be had from the Secretary. Queen's College, Harley-street, W.: There are three College Scholarships, value £31 10s. each: two School Scholarships, of £18 18s. each. Bristol University College: Two Catherine Winkworth Scholarships, £15 each for one year; two Hugh Conway, of £40, for two years; two John Stewart, of £20 for one year; open to both sexes. Victoria University: Several valuable fellowships, scholarships, and exhibitions are open to women as well as men; for full particulars apply to the Registrar. Alexandra College, Dublin: Several exhibitions and scholarships are awarded ranging in value from £5 to £54; apply to the Secretary for details. Victoria College, Belfast: Several scholarships ranging in value from £5 to £40. At the Royal University of Ireland, and at the Queen's Colleges (Belfast, Cork, and Galway), all exhibitions, prizes, and scholarships are open to women equally with men. Edinburgh: Several bursaries are open to women. Glasgow: The Arthur Bursary of £25, for three years (Medicine). St. Andrews: Twenty Taylour Thomson Bursaries (Medicine), ranging in value from £15 to £30. Two Berry Bursaries, value £40 for two years; eight bursaries, of £20 each for three years, as well as others of the same nature; for particulars address the Secretary.

WOMEN'S FRIENDLY SOCIETIES.

United Sisters' Friendly Society (registered under the Friendly Societies' Acts), founded on the principle of the Oddfellows Society in 1885. All women of good health and character, between the ages of 16 and 45, are eligible for membership. Hon. Organizing Secretary, Miss M. E. Hargood, 12, Newnham-terrace, Cambridge; Corresponding Secretary, Miss E. M. Maskell, 7c, Lower Belgrave-street, S.W. Work and Leisure Court, No. 15 (United Sisters' Friendly Society); formed for women desiring higher rates of benefit than those usually offered by the United Sisters' Friendly Society. Secretary, Miss E. M. Maskell, 7c, Lower Belgrave-street, S.W; President, Miss L. M. Hubbard. Copies of the rules may be had, price 6d. Oxford Working Women's Benefit Society: Office, 21, George-street, Oxford; Branch Office, Provident Dispensary, Marston-street; Hon. Secretary, Miss Faulkner; Benefits, 5s. and 7s. per week; Capital, £341.

In Bolton Road.

An Ideal Village.

An Industrial Commonwealth.

"Have you ever thought," asks a writer in the *Illustrated London News*, "that for a well-informed man a map of the County of Cheshire more than ten years old is of no use, for it actually omits the name of a town which even the savage South Sea Islanders know of. The omission was not the cartographer's; it was Cheshire's—for even the President of the Geographical Society in 1888 could not have foreseen that the bare strip of land by Bromborough Pool (a tidal tributary of the Mersey) was to blossom into a beautiful little town, giving work to considerably over two thousand work-people on the spot, and to hundreds of others in America and in different parts of Greater Britain. The name of this world-famed town is Port Sunlight. Ten or eleven years ago cattle were grazing on the spot; to-day their place is taken by charming villas. When you read the story of this town you cease to believe that England 'is played out,' or that America alone can build cities in a day.'

The foregoing is the opening paragraph of an article, entitled: "The Progress of Port Sunlight," which appeared in the *Illustrated London News* for October 5th, 1898, and anyone visiting the particular portion of the Wirral Peninsula some three miles from Birkenhead, on which the village of Port Sunlight stands, might naturally express somewhat similar strain.

Port Sunlight is a centre of interest for thousands of visitors annually from every corner of the kingdom, from every quarter of the globe—visitors of every rank and calling, all of whom are curious to see with their own eyes this remarkable industrial commonwealth—for it is by no means an everyday occurrence to find a manufacturer supervising not only the direction of one of the most gigantic industries this nineteenth century can boast of, but likewise the conception and erection of what is said to be one of the most charming of industrial villages.

As the visitor must pass through the village before reaching the works where the famous Sunlight and other well-known soaps are manufactured, so will we stroll along its picturesque pathways, jotting a note down here and there which may prove of interest.

An Artist's Pen Picture.

First of all, however, let us read what an eminent artist has to say of the village. These are his words:—"It appeals to an artist rather as a sketch than as a finished picture. It is full of possibilities. Quaint and peaceful, it suggests an old Surrey village, lacking only those touches which that great artist, Father Time, alone can give. It is now an untoned picture, requiring the master hand of Time to finish and by deft touches to bring to that harmonious whole which was evidently the conception of its designer. The red roofs will become glorious in colour, and the stone and wood work will give those delightful half-tones at once the delight and despair of the artist. Then embowered in trees, the picture will be complete.

It is that picture we will endeavour to sketch: the picture of the village of Port Sunlight, which, though it lacks the

VIEW IN PORT SUNLIGHT.

In Bolton Road.

subduing touch of Time, is yet the delight of all who visit it and the pride of all who live in it. Port Sunlight has been described times without number; yet, just as the quaintly broken-surface of its Old English architecture ever affords a variety of charming views for the lover of the picturesque, so does the village wear a new aspect for every visitor, a new dress for every season.

It is a beautifully fresh spring morning as we approach the village for the first time. There is a gentle breeze blowing. The sun is smiling pleasantly on the rich red roofs of the cottages. The birds are chirping cheerily overhead, fluttering hither and thither among the budding boughs of the trees which line the broad and trim-kept roads.

Probably the first thing that strikes us as we walk along the road leading from Bebington Station is the settled air of peace so characteristic of the place. But for the huge chimney-stacks which intersect the sky beyond the village, we should little imagine ourselves in close proximity to the largest soap factory in the whole world—a factory in which upwards of two thousand employés are busily occupied in helping forward the several branches of the Company's vast business. Nothing of the immensity of the business is apparent as we enter the village. There is an old-world content brooding over the place aptly in keeping with its Old English architecture.

The Cottage Homes of Sunlight.

The road we walk along (Greendale Road) is one of the finest of a series of handsome roadways, whose total length is some three and a half miles. These roads are lined with Lombardy poplar, sycamore, elm and chestnut trees, and they look

like so many continental boulevards, widening out at each junction into open spaces, so refreshing to the eye of the jaded denizen of congested town or city. The red-bricked, red-tiled, lattice-windowed cottages, brightened with patches of white or relieved by traceries of wood-work, are set off by sloping lawns dotted here and there with clumps of green shrubbery. The exteriors of the cottages are mostly overgrown with ivy; but frequently we observe that the climbing rose and the clematis are beginning to shoot, and will, ere long, cover with a blaze of bloom, the façades of the buildings to which they form so fitting a decoration; or that the Virginia creeper is putting forth its tender shoots to please the eye in late autumn with its myriad tints and tones. Happy folk are these villagers, we think, as we compare their delightful cottage homes with the miserable tenements we have seen in the great seaport of Liverpool, not three miles distant. Lucky folk, too, *you* will think when you learn that *three to four shillings a week* will rent a cottage with kitchen, scullery, three bedrooms, and bathroom; five shillings a week a house with parlour and extra bedrooms, as well as every modern sanitary convenience.

The first cross-road we come to lies on our left, and stretches at right angles to Greendale Road, right away over a tidal tributary of the Mersey on to the highway leading to Chester. The tidal tributary is spanned by Victoria Bridge, a handsome and solid structure opened in Jubilee Year by the Right Hon. G. H. Reid, Premier of New South Wales.

Almost as soon as we enter Bolton Road, we catch a glimpse of a large quadrangular piece of cultivated land at the rear of the cottages. This is a portion of the

garden allotments. The allotments cover many acres of land; and are let to the villagers at the nominal rent of five shillings per annum per allotment of ten perches, water being laid on and supplied gratis.

The Girls' Institute.

That fine block of buildings, Elizabethan in style, which we see on our right serves a two-fold purpose. The ground floor is divided into three large and commodious shops, where meat, groceries, and draperies are retailed; the latter two shops being conducted by the Employés' Provident Society Limited. The upper floor of the building, comprising a large suite of rooms, is appropriated by the Girls' Institute, one of the most popular and successful institutions in the village, the object of which is "social improvement and recreation among its members."

It is worth while pausing for a moment on our round through the village to enquire what the scope of the Girls' Institute is, and for what tastes it caters. It appears, from our enquiries, that the Institute is conducted by a lady superintendent, assisted by voluntary workers, under the direction of a representative committee of ladies. The membership fee (1d. per month) entitles any girl to make use of the social room which is always open for games, reading, &c., or to join any or all of the following classes:—Sewing, singing, drill, reading, writing, Bible-class, and health lectures. Besides these classes, lectures are given on the following technical subjects:—Laundry work, ambulance work, millinery, dressmaking, and cookery.

To laud so praiseworthy an institution would be like endeavouring to "paint the lily." It is sufficient to state that the Girls' Institute is admirably conceived, admirably planned, and admirably conducted.

VIEW IN PORT SUNLIGHT.

Immediately opposite the Girls' Institute, at the junction of Bolton Road and Bridge Street, is a spacious tennis lawn occupying nearly half an acre of ground and surrounded by walks and shrubberies. We picture to ourselves how much more charming the lawn would be could we but behold the fair wielders of the racket, instead of the vacant expanse of green turf.

The Schools. It is whilst we are thus engaged in painting mental pictures that we are startled from our reverie by a burst of joyous shouts and childish laughter—a merry band of children are rushing out of school into the open air to play.

Port Sunlight Schools form one of the prettiest blocks of buildings it has been our privilege to inspect. Built in the Tudor style of architecture, and situated in the very heart of the village with open spaces on every side, they are highly picturesque from whichever point they are viewed. The internal arrangements of the schools do not belie the favourable impression created by their charming exterior. The woodwork throughout is in light oak, and the schools are fitted with every possible convenience and appliance for the comfort of the happy children. Happy, indeed, the children must be in these delightful schools; and happy indeed they appear to be as in they march, in single file, from the playground, to the pianoforte accompaniment of one of the elder children. It does one good to look upon their chubby, rosy, smiling faces. Under an efficient staff of eight certificated teachers, four ex-pupil teachers, and three pupil teachers, these fortunate "hopes of the future" are thoroughly coached in elementary knowledge including branches of the Kindergarten and Slöjd systems.

VIEW IN PORT SUNLIGHT

The Infants' School.

quantity." Viewed from the top of Park Road, and, spanned as it is in the centre by a bridge of handsome design, with the flecks of the red-roofed cottages beyond peering through the branches of the trees, the dell presents a picture worthy going miles to see.

The quaint little Post Office at the end of Park Road, with its old-world sign, is another of those "bits" which prove so irresistible to the photographer with his kodak, or to the artist who has his sketch-book with him.

Immediately opposite the Post Office is the portion of the village reserved for the male workers. This comprises the Pavilion, with its Billiard and Reading Rooms, its large Bowling Green, and a Quoiting Ground; the whole covering a surface of one and a half acres.

We have already referred to the Tennis Lawn. There yet remains to be mentioned the Children's Recreation and Play Ground, which occupies many acres of land at the north end of the village. It will thus be seen that in the matter of recreation and amusement every section of the inhabitants of the village, who number fully 2,000, is liberally catered for.

How the Workers Dine.

An eight-hours' day obtains in the works at Port Sunlight; it is very possible, therefore, for the work-people to cultivate the social side of life, and we can imagine how well attended these different centres of recreation must be on summer evenings when the toils of the day are ended and the village folk give themselves up to relaxation and social pleasures.

There is a large building to the left of the Bowling Green, used both as a Dining Hall and Concert Room. It is called the "Gladstone Hall," and was opened, in 1891, by that great

VIEW IN PORT SUNLIGHT.

In Greendale Road.

statesman of evergreen memory, the late Right Hon. W. E. Gladstone.

As we have just said, the Hall "contrives a double debt to pay." It possesses a spacious stage with footlights, stage curtains, etc., high-class concerts being given here occasionally during the winter months. The Hall likewise has a large kitchen running along one entire side (when not in use screened off from the Concert Room), and here a cook with his assistants, is provided with all the paraphernalia a modern *chef* requires for cooking and heating food. The utility of these culinary conveniences will readily be imagined when it is known that a large proportion of the work-people live outside the village. These work-people are consequently unable to go home for the mid-day meal. They therefore either bring it with them (in which case the cook will heat it for them free) or, by means of an arrangement among themselves, they are supplied with a dinner, including soup, meat, vegetables, and pie or pudding, at a merely nominal charge.

It should be mentioned that the girls have their tea-room and restaurant on the other side of the road, opposite the Gladstone Hall, and here they are supplied with excellent dinners for the nominal sums of a penny or twopence. The Girls' Restaurant comes under the jurisdiction of the Girls' Institute, and is managed by a committee of ladies, who, with a self-abnegation that is highly praiseworthy, devote their spare time to the supervising of this deserving institution.

The Lesson of Port Sunlight.

We have thus reached the end of our survey of the village. If we have put our impressions on paper in a manner to convey to others a quarter of the pleasurable feelings we have experienced in strolling along its red-

tiled footpaths we shall have achieved something. The delightful village of Port Sunlight is, to use a Carlyleian phrase, "suggestive of much." The thoughts it suggests are many and varied. It suggests the dawn of a brighter era for many of our race—the working classes. It shows what can be done for the betterment of the conditions of life of that large section of the community. It shows that the lives of the toilers need not necessarily be dull and sordid, nor stunted by the debasing tendencies of ugly surroundings, utterly devoid of the refining influences which cheerful circumstances and a bright wholesome atmosphere can bestow.

Are these work-people better and more efficient for all the consideration shown them by their employers? There is no reason to doubt it, and they must be healthier and happier. And what too must be the effect on those children who live amidst such pleasant surroundings—who breathe pure air, receive an excellent education, and are taught the principles and necessity of cleanliness, industry, and thrift? Compare the happiness of these little ones with the miserable condition of those who pass their existence in the wretched tenements found in thickly populated centres. Of one thing we may be certain—were all the work-people of our great country placed in such favourable circumstances, our British race of workmen and workwomen, of whom we are so justly proud, would be a brighter, sturdier, more intelligent race; and we Britons would hold not merely "a vaster Empire than has been," but the individual units of that Empire would compose a great, and strong, and healthy, and self-reliant race ever in the vanguard of civilisation and progress

VIEW IN PORT SUNLIGHT.

Bridge Street.

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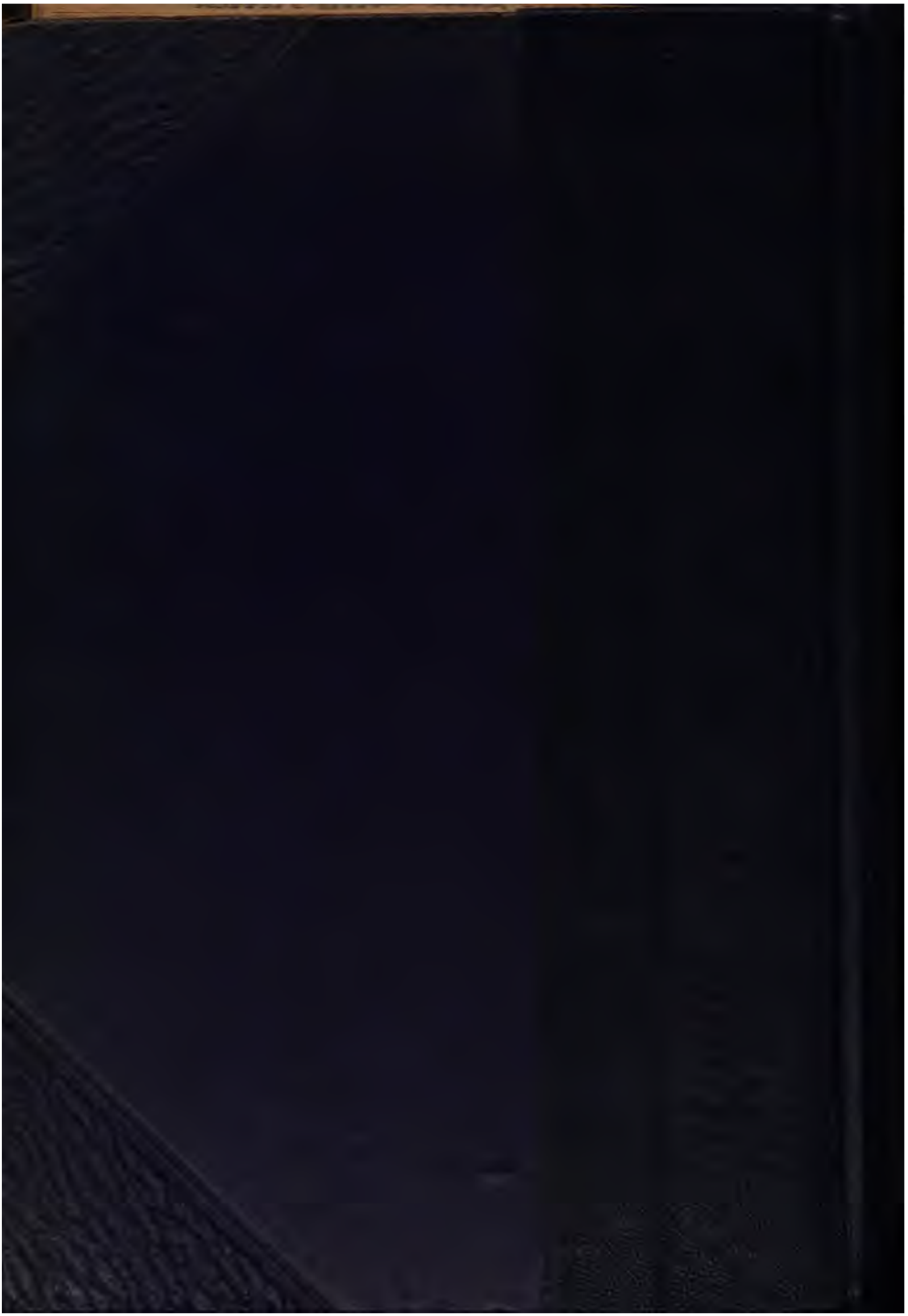
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